

**PRINCESS MARGARET'S
THREE CHOICES**

*Why do so many
Canadian babies die?*

50 FAVORITE RECIPES

for the Canadian Woman
Chatelaine
FEBRUARY • 1957 • 20 CENTS



A new photograph
of Princess Margaret
by Cecil Beaton



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It's easier to photograph a princess than a movie star

"The doll's dress was a big hit with my granddaughter and now I'd like instructions for the knitted and crocheted hats." This is typical of the more than one thousand letters that come into Chatelaine each month with orders for our needlecraft. Many are in the strictly formal please-find-enclosed style but others are as chatty and friendly as a



morning cup of coffee with a neighbor. "Now, here is my problem," writes one woman. "our Women's Institute is working on ten articles for a hope chest . . ." Or another ends her letter "Please send me the turtle pincushion kit quickly as I've only got two weeks to finish it for our bazaar." We also like the

comments on the popularity of patterns and the requests for favorites we haven't run for a while—like our Blue Willow pattern this month. The two women responsible for our needlecraft are Mrs. Ivy Clark (right) who plans each month's items and Florence Whitefoot who looks after the office end of the operation. Ivy Clark learned needlecraft from her mother who taught it in England. Florence Whitefoot is also a needle-woman who crochets, embroiders and makes some of her own clothes.

Cecil Beaton, who took this month's cover photograph of Princess Margaret, has been making elegant pictures of beautiful and titled women for years. But royalty are his favorite subjects. Actresses can be temperamental and conceited but his royal subjects are good-tempered, helpful and courageous about taking poses. For example the Queen Mother asked him to do away with most of the retouching on her fiftieth-birthday photograph because she said she was sure she hadn't come through half a century quite so unscathed by the years. He says the Queen herself isn't really photogenic. Photography can't capture her dazzling fresh complexion and serenity. Princess Margaret is more photogenic than her sister and gets better as she gets older. She has particularly delicate hands and wrists. The first time Beaton took her picture she was highly amused by one incident. He asked her to put on a certain dress which a mutual friend had admired. She did. He took one look and said, "Oh, yes, Ma'am, that will be very good for a head." "That," said the Princess ruefully, "was snubs to me, snubs to the mutual friend and snubs to my dressmaker."



One of the problems in putting out a magazine is that we never have enough space for all the things we'd like to run. That's why we're so enthusiastic about our next three issues which will include a special bonus section printed on newsprint. In March we're devoting this new bonus section to fiction—three stories, one of which is a new mystery by Eva-Lis Wuorio. Also in March is a new piece by Dr. Hilliard on how to grow old gracefully and a report on Newfoundland women by staff writer Jeannine Locke. ♦

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LETTERS TO CHATELAINE

*With our
Bob, who
needs Elvis?*



Thank you for your interesting article, Canada's First Matinee Idol — Bob Goulet (December). Bob is a vivid personality and it is wonderful to see a national magazine like yours take an interest in his career.

Fran Stewart, President, Robert Goulet Fan Club, Winnipeg.

You have finished the year right in giving us an article on the cute, handsome Bob Goulet of TV Showtime. Yes, page 20, December issue, must be up in every Canadian home. Jeannine Locke called it sex appeal and a joyous way of putting over a song and dance by this star. It's what everyone has been thinking for months now... The U. S. can have Elvis Presley; we'll take Bob Goulet.

Carmen Holt, Montreal.

We're less bulky but...

I want to say I find December Chatelaine very good. As Canadians I think we suffer from an inferiority complex but in this case I consider our product, though less bulky, quite the equal of the fine American magazines.

Mrs. E. L. Chicant, Montreal.

Diabetics are tempted

Your article (Diabetes and Your Child, December) is very encouraging. However, there is one part of the subject that you have not touched—that is the integration of a diabetic child, or the mother of a diabetic, into our society. This small town's society seems to revolve around one thing only—food. Whether it is for Home and School, Ladies Aid or Legion Auxiliary the main topic of conversation is food. This same preoccupation is reaching out into the schools and Sunday schools. It is not enough that you are asked to contribute but they also encourage you to eat

it. After a year of this, I decided it was much better to stay at home and look at TV and to keep my son away from too much temptation because being a child he is influenced by people around him.

Mrs. J. H. Dennis, Lemberg, Sask.

Where is youth headed?

How to use those extra years (by Dr. Reva Gerstein, November)... In our ancestors' time, both man and woman had to be a combination of many trades. My mother made all our clothing, then set to work... butter-making, the family laundry, scrub woman, baker, and between times teaching youth manners and honesty and respect to their fellow man, so that they would make noble and respected men and women... It is our elders that still lead and who would benefit our country, if these so-called modernists would stop teaching youth worship. Where are these youth leaders taking them today? Are they living, learning to do the things God their Creator intended them to do?

Mrs. Bertha M. Barker, Winnipeg.

Housewives aren't wanted

... No "housewives" are necessary around a house. (I was reading the editorial comments and letters, December.) Why be married to a house? For that is what the name "housewife" implies. "Houseproud" is another nasty description of a certain type of housekeeper or homemaker. Such people make more fuss over the Thing than they do over the Purpose in building it, and take more care of it. If your magazine can shake that habit and put people first again, relegate the house to its proper place as a shelter, we can go on, as your wise readers pointed out in the November issue, to the Second Mile.

Mrs. Vera Read, Elmira, Ont.

PHOTOGRAPHS IN THIS ISSUE—By Cecil Beaton (cover); Horst Ehrlich (1, 3); Miller Services (1, 12, 13, 60); John Seibert (4); Department of National Defense, Canada (13); Panda Photography (20, 21); Peter Croydon (22, 23); Paul Rockett (68). ARTWORK IN THIS ISSUE—By Murray Oliver (3); Bob Turnbull (9); Dorothy Fraser (45, 46); Walter Yarwood (68).

NEW LOOK FOR LIGHT-UPS



The new pastel light bulbs introduced into Canada last month will brighten your wintery mood. Available in pink, yellow, green, blue and aqua, the bulbs will warm or cool a room without distorting a contrasting color scheme (you can use a pink light with green fabric). Some manufacturers recommend the colored bulbs for mood effects and white bulbs for work areas; others suggest you buy a higher-wattage colored bulb for reading. The blue, green and aqua are cooling. Pink and yellow give a warm glow—wonderfully flattering for a party, or to warm a shivery bathroom. Bulb sizes start at sixty watts and cost three cents more than ordinary white bulbs.

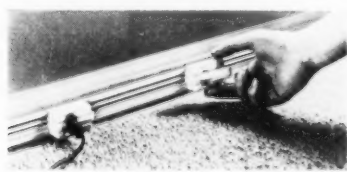
Taller, larger table lamps bring a new look too. If yours is a modern open-plan house, with chairs, sofa and tables in the current long low lines, you've probably noticed that conventional-sized lamps look woefully inadequate in proportion to the room and the furniture. The new large lamps are the answer here. I've seen some as tall

as forty-two inches. Remember, though, they're not meant for tiny rooms or tall tables. When buying any lamp, always consider the table and chair it will be used with. A good rule for reading is to have the bottom of the shade level with your cheekbone when you sit.



Comparative heights:
table 18 inches, chair
17, lamp height 36.

Too few electrical outlets? Electric stripping lets you plug in wherever you choose. It's completely safe (I couldn't reach the wire even with a hairpin). The wires are enclosed in an inch-wide, continuous, pliant plastic stripping that can be installed around a base board, over a work counter, up a wall—anywhere and in any length you require. One or several outlets, or receptacles, clamp on easily and can be moved anywhere along the strip, which can be painted to match your wall color.



This is not a do-it-yourself item, but it can be supplied and installed by your electrical contractor or electrician. For standard wiring in a new home it costs five to seven dollars more a room than ordinary wiring with only two outlets. In older homes it costs five to seven dollars less a room than installing two extra outlets. ♦

How well do you know YOUR HEART?

ALTHOUGH heart disease is our nation's greatest health problem, we can face it today with increasing hope and confidence. Through research, a vast amount of knowledge about the heart and its functions has been accumulated.

As studies continue, there is every justification to anticipate further advances in diagnosis, treatment... and perhaps even prevention... of various diseases affecting the heart and blood vessels.

While heart disease is a challenge to medical research, it is also a challenge to you. If you are informed about the heart, you can help protect your own and the hearts of your relatives and friends. The following questions and answers may help you to know your heart better... and give it the care it deserves.

● Is the heart strong and durable?

Yes... the healthy heart is one of the strongest organs in the body and it has remarkable reserves of strength. Despite its immense task, a healthy heart can be nearly as efficient as the years advance as it is at age 20. Even at the older ages, a healthy heart is fully capable of meeting the body's needs.

● Can you do anything to keep your heart in good shape?

Yes... you can protect your heart by avoiding sudden or prolonged exertion, watching your diet, avoiding overweight, and by getting the sleep and rest you need. You should also have a medical examination every year. Then if heart trouble is found, prompt treatment may control it and make possible a long and nearly normal way of life.

● Are all heart attacks serious?

Not necessarily... because some are mild and the heart can repair itself with care and treatment. In these cases, a person may usually resume normal activities. Even when there

are serious complications, patients can often recover if the heart is helped to heal itself. In fact, four out of five of those who withstand their first coronary attack recover and continue to work full time for many years.

● Is there such a thing as "imaginary heart trouble"?

Yes... many people think they have heart trouble because of rapid or irregular heart beat, chest pain, and shortness of breath. None of these necessarily means heart disease, but naturally you should consult your doctor about such symptoms. If his examination shows your heart is all right you can forget about the symptoms.

● Are overweight and emotional tension bad for the heart?

Yes... overweight taxes the heart and blood vessels, according to many scientific studies. So, try to keep your weight about equal to what you should have weighed between ages 25 and 30. Emotional upsets can make your heart beat faster and your blood pressure go up.

● Can people with heart disease lighten the heart's work?

Yes... if they learn how to care for an impaired heart. Plenty of rest, protection against infection, proper diet, and avoidance of hurry, worry and strenuous activities can all help the affected heart to carry on. Of course, treatment given by your doctor is important, but the patient himself can do most to safeguard the heart.

● Is heart disease more prevalent now?

No... not when you consider these facts: (1) more people are living longer and reaching ages when the heart's endurance naturally ebbs; (2) heart ailments are diagnosed now with greater accuracy, whereas in the past many deaths actually caused by heart disease were blamed on other causes.

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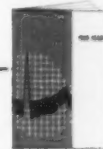
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What to keep in HOME MEDICINE

*For emergencies or everyday
need these basic supplies. And here
medicines you should NOT keep*

IS YOUR medicine cabinet a jumble of hair tonic, iodine, bobby pins and sleeping pills? If you cut your finger can you lay your hands on a good disinfectant and a bandage in a hurry, or do you have to paw through assorted boxes and bottles which haven't been used in years and may never be needed?

A properly stocked medicine cabinet should contain the essentials for home nursing and first aid—and nothing more. It should not be cluttered with shaving and toilet articles. It should either be beyond

FOR HOME NURSING

Item	Purpose
Calamine lotion, or any cream containing calamine	For poison ivy, insect bites, etc.
A menthol-camphor ointment	For chest rub
Protective and emollient cream	For chapped skin, diaper rash, etc.
Analgesic balm or similar counter-irritant ointment	For sunburn
ASA tablets (acetylsalicylic acid) both adult and children's sizes	Better known under such trade names as Aspirin, Acetophen, Empirin, etc.
Aromatic cascara (for adults)	Laxative
Milk of magnesia (children)	Laxative
Milk of magnesia	For upset stomach
Kaolin and pectin preparation, or similar suspension	For diarrhea
Nose spray	Preferably in a plastic container—keeps sterile longer and needs no dropper or separate spray of any kind
Antiseptic mouthwash	
Any bland oil, such as olive oil, cottonseed oil, etc.	For ear drops
Rubbing alcohol	
Kaolin poultice	For boils, chest congestion, etc.
Talcum or dusting powder	
Bicarbonate of soda	A poison antidote
Ice bag	First-aid relief for sprains; for headaches
Sterilized, wrapped drinking glass	
Card, tacked to inside of door showing phone numbers of doctor, ambulance, and hospital emergency number.	
A few cotton-tipped applicators, a clinical thermometer of the safety	

in your CHEST

lay
illness you
are some

by FRANK CROFT



the reach of the most persistent toddler, or be furnished with a small lock-up compartment for the few items a child might swallow with harmful effect.

The head of the department of pharmacy of one of our largest universities, two general practitioners, and a public-health official were asked by Chatelaine to stock a medicine cabinet for the average Canadian home.

Here is what they put in it:

bulb type, a measuring glass or measuring spoon, an infant rectal syringe, a hot-water bottle and accessories and a moleskin for corns, calluses.

Except for the trade names mentioned opposite ASA tablets, there are no trade names in the above list. Any druggist will supply you from the several brands under which each item is marketed. Your druggist can also give you a free poison antidote chart, prepared by the Canadian Pharmaceutical Association, to tack on your cabinet door.

FOR FIRST AID

Absorbent cotton.

Gauze bandages—about a yard each of one-inch and two-inch widths.

Compresses—one, two inches thick; one, three inches thick.

Adhesive plasters in assorted sizes.

Roll of adhesive tape.

Adhesive bandage strips.

Small bottle of iodine, or other disinfectant.

Tube of white, soft paraffin for minor burns. For serious burns there is no home treatment; get the doctor quickly.

Aromatic spirits of ammonia for fainting spells, or shock.

A pair of scissors, a pair of tweezers (for splinters) and a card of safety pins.

Soporifics, tranquilizers, vitamin concentrates should never be in the medicine cabinet unless by doctor's orders. Prescriptions should be thrown out when no longer needed; you may think you have a recurrence of an ailment for which a certain prescription was used (and, happy day, there is still half a bottle of the stuff!) but it may be an entirely different though apparently similar complaint. Call the doctor every time. Also, time causes chemical change in many prescriptions, so that red stuff in the bottle may not be the same medicine now that it was when the prescription was filled, six months ago.

So be ready. Find some other place for the soap flakes, toilet paper and hair nets. Make sure your medicine cabinet is just that, and nothing more. ♦

NATIONAL HEALTH WEEK FEBRUARY 3 TO 9

Tempting Sugar 'n' Spice BUNS



Easy to make...
delicious piping hot!

Whether you serve them fresh from the oven for tea-time snacks, or toasted and generously buttered for breakfast, the whole family will cheer when you serve delicious, fragrant Sugar 'n' Spice Buns. They're easy to make, too, with Fleischmann's Active Dry Yeast...so when you bake at home why not surprise your family with this sugar 'n' spice treat?

SUGAR 'N' SPICE BUNS

Makes 32 buns

Wash and dry

$\frac{3}{4}$ cup seedless raisins
 $\frac{1}{4}$ cup currants

Scald

1 cup milk

Remove from heat and stir in

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup granulated sugar

Cool to lukewarm.

In the meantime, measure into a large bowl

$\frac{1}{2}$ cup lukewarm water

2 teaspoons granulated sugar

and stir until sugar is dissolved.

Sprinkle with contents of

2 envelopes Fleischmann's Active
Dry Yeast

Let stand 10 minutes, THEN stir well.

Sift together 3 times

2 cups once-sifted all-purpose flour

$1\frac{1}{2}$ teaspoons salt

2 teaspoons ground cinnamon

$\frac{1}{2}$ teaspoon grated nutmeg

$\frac{1}{4}$ teaspoon ground cloves

Stir the lukewarm milk mixture and

1 well-beaten egg

into the yeast mixture.

Stir in the sifted dry ingredients and beat until smooth and elastic. Stir in the fruits and beat well.

Work in

$2\frac{1}{2}$ cups more (about) once-sifted
all-purpose flour

Turn out on lightly-floured board and knead dough until smooth and elastic. Place in a greased bowl and brush lightly with melted butter or margarine.

Cover and set dough in warm place, free from draft and let rise until doubled in bulk—about $1\frac{1}{2}$ hours. Punch down dough. Divide dough in half. Form each half of dough into a roll 16 inches long. Cut each roll into 16 pieces. Form into balls and place 16 balls in each of two greased 8-inch square cake pans.

Brush liberally with melted butter or margarine. Combine

$\frac{1}{2}$ cup granulated sugar

1 teaspoon ground cinnamon

and sprinkle buns with this mixture. Cover and let rise until a little more than doubled in bulk—about $1\frac{1}{4}$ hours. Bake in a moderate oven, 350° , 30 to 35 minutes.



Needs no refrigeration

Keeps fresh for weeks

Always active, fast rising



teen tempo

If you want dates, don't build a fence of manners and girl friends

BY CYNTHIA WILLIAMS

Never a date—why?

What's the matter with me? Why don't boys ever ask me out? It's a lonely business . . . feeling unwanted and trying to pretend you don't care. And being dateless is a real problem for more girls than you think. What can be done?

Who wants to go to her girl friends and ask, "How do you get dates?" A girl has a little pride. And parents just say, "You have lots of time. Don't try to rush things." (Which may be true but doesn't help right now!)

First, you might try to figure out WHY you are left out. Being pretty helps, I grant you, but we all know honestly plain girls who have the most charm and are the most popular with boys. The thing to do is to make the very most of what you have. Knowing you look your best, feeling confident and happy, has a lot to do with how you actually DO look. Don't ever hunch inside yourself and try to be inconspicuous.

But don't go to the other extreme (even worse as far as boys are concerned) of laughing too loudly, clowning, mincing to draw attention to yourself.



Some girls are afraid of boys and think of them as confident, dashing creatures who know everything. These girls often act aloof and superior, as if they can't be bothered with boys (and hence scare prospective dates half to death). Or they pretend boys don't exist, and naturally the boys reciprocate.

A girl who has these defenses has to understand they *are* defenses, and then come down to earth and realize that boys feel shy and awkward and unsure of themselves, exactly as girls do.

Certain girls, frantic for dates, chase boys, phone them, stop them in the halls to talk, call to them on the street. And the boys hate it. They like to feel *they* do the chasing. Besides, other boys make fun of them and all men, always, hate to be made conspicuous in public!

Then there are the girls who herd in a mob or are never without their one best pal, talking and

whispering. Boys aren't brave enough to face a barrage of female chatter to have a word with one girl. Hence the whole gang or the two who are never apart are likely to get the go-by.

We've said it before and it's still true: Boys like friendly happy girls who give them a smile when they meet, chat casually if it's the time and place and are enthusiastic about most things. Most important, they like girls who build up their ego — make them feel good. It's only natural; after all, so do we all.

Spring frills chase February blues



How about a "Sissy" blouse to perk up your wardrobe? All ruffles and feminine frills on bib fronts and collars and cuffs, they're perfect now with skirts and slim jims. Team them later with summer skirts and shorts. **Violets in the snow** is a romantic thought. A tiny cluster of almost-real violets pinned on your winter coat makes a marvelous conversation piece, and makes you feel good, too. Violet, by the way, is the rage color for spring. Another thought, books seem almost part of your wardrobe by this time, you carry them around so much. How about some bright new **plastic covers** in gay colors—Ivy League stripes or big bright flowers? They'll even make your books feel lighter. Or you could start sewing on your **summer shorts**. Next summer's look is ultra-feminine. Patterns are much the same, but the material is pretty flower-printed sailcloth.

Lesson: How to receive a valentine

Girls collect valentine cards like scalps to be whooped over and lined up like trophies. Boys, knowing this, pick out the most insulting one they can find so no one can kid them.

Hence girls, who'd love nothing better than some romantic gesture on Valentine's Day, have fixed things so the boys don't dare offer it.

The lucky girl who does get a tender message, or box of candies, has only to say, "Isn't Gord sweet, look what he sent," and Gord's goose is cooked with his pals. So is hers—next year.

It's a terrible temptation to gloat, but if you're ever going to get anything to gloat over, you simply have to keep quiet and give noncommittal answers to envious girl friends.

For boys who do care about winning a girl's heart, there are a couple of little things that will convey the right valentine atmosphere . . .

The first dance-date

A boy asks, "I want to take a girl to a dance at our school, but I don't know what to do with her when I get her there. Most of the girls and boys go by themselves. The boys stand around one side of the gym and the girls on the other. Should I leave my girl and stay with the boys and let her go with the girls or what? And what do we do all evening?"

If you invite a girl to a dance you're her escort for the evening which means you take care of her and be sure she has a good time. When you arrive, show her where to put her coat and arrange to meet her at a certain spot, giving her a few minutes to comb her hair.

Then you take her to the gym, introduce her to some of your friends, dance for a while. It would be a good idea to arrange with some of your friends to switch dances, which is always more fun than sticking to one person all evening.



You can sit out a few dances to talk, and have a Coke. You can always show her around the school. It's really quite easy. But don't leave her to fend for herself. If she's been dancing with someone and is left alone, don't wander off with the boys to talk. Remember, you took her to the dance. Be sure she enjoys herself. If she does, you're sure to, too.

Watch for TEEN TEMPO next month, with news and views on teen fashions, dates and etiquette. Cynthia Williams will be pleased to answer your questions or problems by mail. The best letters will appear in this column (no names will be published). Write to:

Cynthia Williams, Chatelaine,
481 University Avenue, Toronto 2.



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Mayfair 2-door Hardtop

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The excitement's still there long after you first set eyes on this glamorous new '57 Dodge, too. For, though its slimmer, trimmer, lower rooftop is silhouetted only 4½ feet above the road, Dodge brings you *more* legroom, hiproom and shoulder-room than other cars in its field! So much that's new . . . Flight-Sweep styling . . . Torsion-Aire Ride . . . Total-Contact brakes . . . higher-torque power! Drive a '57 Dodge today . . . at your dealer's!

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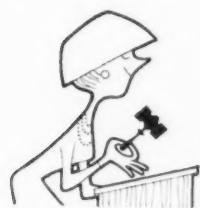
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CHATELAINE'S



Club News

FROM COAST TO COAST

CONDUCTED BY PAT PARKINSON

Mammoth sale in a castle raises \$10,000. A giant four-day antique and treasure mart was held recently in historic Casa Loma by TORONTO'S WIMODAUSIS CLUB (Wives, MOthers, DAUGHTers, SISTers). More than fifty exhibitors, artists and craftsmen rented space from the club and sold their wares amid glorious candlelit surroundings. Seven thousand people paid fifty cents admission to see the spectacle. Wimodausis, started in 1902, has only thirty-six members. They are the sole support for Toronto's Earls Court Children's Home, a temporary foster home for children from broken families.

We quote QUOTA CLUB President Mrs. May Virginia Valenick: There are three kinds of clubwomen — those who make things happen, those who watch things happen and those who never know what happens!

Forty brand-new actresses. Clare Booth's play, *The Women*, was presented by the SAS-KATOON SECTION OF THE NATIONAL COUNCIL OF JEWISH WOMEN with the help of the University of Saskatchewan's Professor Emrys Jones. In no time forty-four neophytes were gathered together on a stage in a local theatre. In a four-night run they raised \$2,315 for their welfare work and reports say the play brought the house down with the Council members happily acting about as catty as the law allows.



A first in Canada. TORONTO'S WEST END CRECHE reports the first day-treatment centre for preschool children suffering from schizophrenia. For the past nine months a trained staff of six have worked with this neglected group of children. The cost to the parents is on a sliding scale running up to fifty dollars a month for those earning over eight thousand a year. In time, the Creche hopes to expand. Now it accommodates five or six children at a time, costs fifteen thousand dollars a year.

Forty-two years ago, every new baby in Chapleau, a northern Ontario railroad centre, got a brand-new bassinet and layette, donated by the CHAPLEAU LADIES HOSPITAL AUXILIARY. Today, the babies lie in individual plastic bassinet units in a modern nursery and the auxiliary has grown from forty to over three hundred members. They recently donated all the linen when the hospital was expanded from twenty-eight to fifty-five beds.

Needed — one mural. The superintendent of the new million-dollar hospital at Quesnel, B.C., built in memory of Dr. Gerald Rumsey Baker, the pioneer physician, decided the one thing missing was a mural to commemorate Baker's life. They SOS'd WOMEN'S INSTITUTES OF THE CARIBOO, who swung into action with a contest open to British Columbia artists. They pounded typewriters to publicize their project and persuaded a local theatre owner to turn over the profit of two shows to the fund. Including all donations, \$1,600 was raised and just met prize money and expenses.

IF YOUR ORGANIZATION is planning a new project or has discovered a new way to make an old project more successful, Chatelaine will be happy to tell our readers about it. Write to Pat Parkinson, Chatelaine, 181 University Avenue, Toronto 2.

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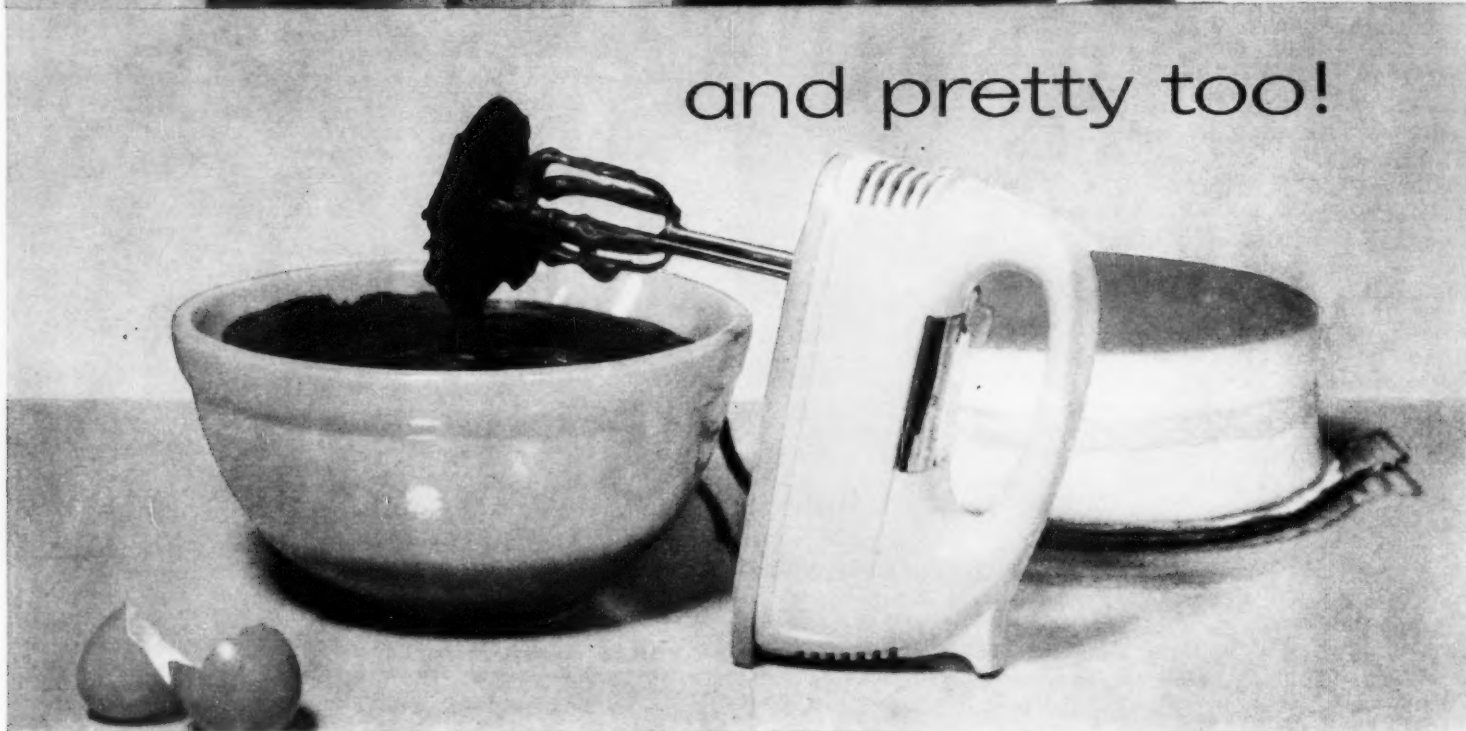
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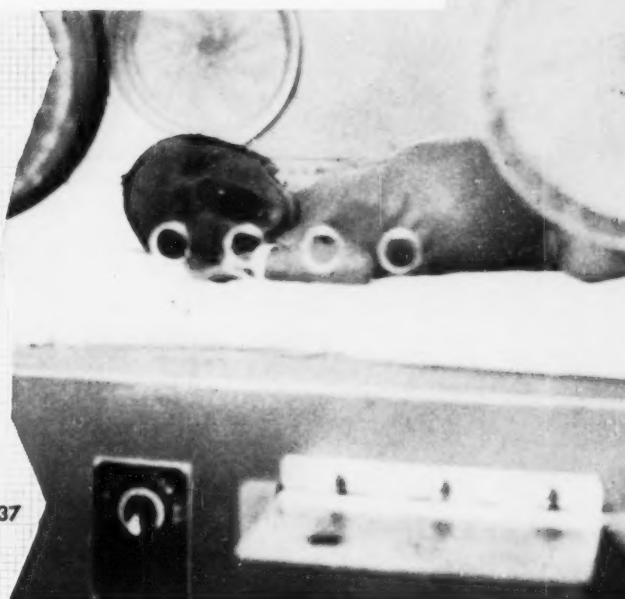
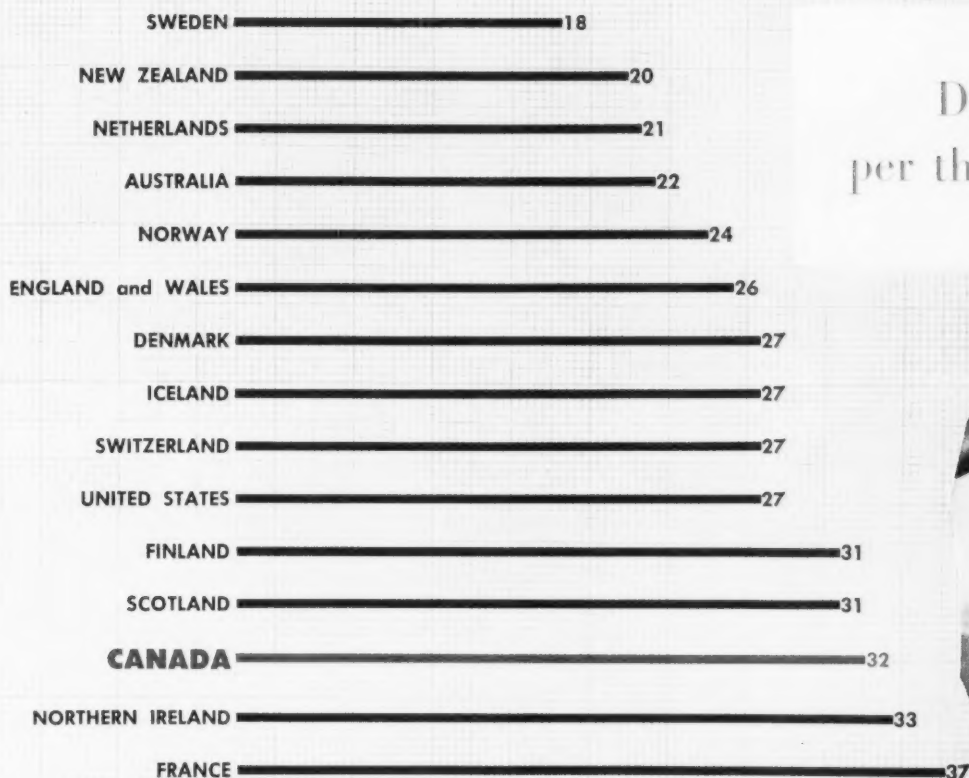
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DEATH RATE per thousand live births



Here is our shocking record. Why do 4,000 babies die needlessly each year? Experts say Canadian mothers themselves are partly to blame

why do so many Canadian babies die?

By FRANK CROFT

• Canada is a risky place in which to be born. To be sure of reaching at least their first birthday many of our infants would be better off if they first saw the light of day in Sweden, Britain, Iceland or the United States, to name just four of the twelve countries with a lower infant mortality rate than ours.

We are making some progress. In 1954 our infant mortality rate was 32.1 deaths for every thousand live births. In 1944 it was 56.3. But we still lag behind other nations our size, countries such as New Zealand, The Netherlands, Australia, Denmark, Finland, Norway and Switzerland, whose infant mortality rates for several years have been lower than ours. Why, with the world's second highest standard of living, does Canada rate only thirteenth in the fight against infant mortality?

It's no use trying to avoid the problem by blaming it all on Quebec, Newfoundland and the Maritimes. The five eastern provinces with an average rate of 37.2 certainly keep the national figure up. But even the rate of 27 for the rest of Canada is too high when compared with most of the countries in, or even below, our standard-of-living group.

I set out to find why we are needlessly losing more than four thousand babies a year. Jarring as it sounds, it is happening. If we could do the job in prenatal and infant care that they are doing in Australia for instance, another vast country with a scattered population, where the infant mortality rate is 22 per thousand live births, we would have lost 9,574 babies in 1954 instead of the 13,811 we did lose. In other words, we would have been richer in that one year by 4,267 citizens of the future.

Leading obstetricians, pediatricians, nurses, nutritionists and other experts were inclined to clam up when I asked for particulars of the problem. One well-known authority on infant and maternal care said, "The question is loaded, politically, socially and ethically" — and very little more. Another was even briefer: "It's a mess." However, there were a few doctors, nurses and others who were willing to depart from generalities and

Continued on page 62



*Princess
Margaret's
three
choices*

BY GRAHAM FISHER

Which one of these royal examples will Margaret follow in the years ahead?

Princess Victoria, at right, was never married



Princess Mary, Margaret's aunt, married for duty



Princess Patricia married a commoner for love



PRINCESS MARGARET, since she announced her decision not to marry Peter Townsend, has become the most beautiful and baffling question mark in the whole world.

Though she has currently settled down to a busy, dutiful round of official engagements as a stand-in for the Queen, her future remains a mystery. Will she eventually marry someone else?

Now twenty-six, talented and vivacious, Margaret stands at the threshold of three choices: she can marry for duty, marry for love or remain single. As she ponders her future she may think sometimes of the lives of three other royal princesses of Britain. For each faced problems not unlike Margaret's, and each took a different course.

Princess Patricia, the handsome, lively granddaughter of Queen Victoria, outwaited family storm and public rumor to marry the man she loved. Margaret's aunt, the Princess Royal, obeyed royal duty and wed Lord Lascelles, her parents' choice, to live unhappily after. Princess Victoria, the second daughter of Edward VII, was content to go through life a spinster. Perhaps in their choices, and the way they turned out, Princess Margaret may find a clue to her own decision.

Margaret, as she weighs that decision, doubtless sometimes thinks of her Great-aunt Victoria whom she occasionally visited, as a child of five, at her quiet country home in leafy Buckinghamshire.

Victoria was the only royal princess of the last hundred years to go through her whole life as a spinster. Like Margaret she was, in her time, very much the daughter of the house. But unlike Margaret she was shy, rather delicate and slightly insipid. She was quite content to rank no higher than her mother's companion. Margaret is not.

Behind the scenes Margaret has long chafed at being subordinate to her mother—living with her, eating with her, going wherever her mother went, wearing only what her mother advised. Since giving up Peter Townsend, she has put on pressure to be permitted to live a life of her own.

She no longer accompanies her mother on official engagements. Instead she has her own. Though she still lives at Clarence House, she is no longer always around at mealtimes or when guests are being entertained. She will often eat out and she has developed her own circle of friends.

And she no longer wears only what her mother would have her wear. The Queen Mother has always considered black an unsuitable color for the royal family. But Margaret thinks it is chic and sophisticated. The result is that though she still does not wear it for public functions, it is a color she favors more and more for her private outings.

Margaret's new measure of independence was clearly indicated when the Queen opened parliament last November. On the State drive to parliament the place of honor beside the Queen, normally occupied by the Duke of Edinburgh, was, in his absence, given to Margaret. It was the first real sign the Queen had given that she acknowledges her young sister is now a woman in her own right.

Margaret, then, is busy building herself two lives of her own—public and private. Her predecessor, Princess Victoria, had neither. Nor did she appear to want them. While her mother lived, she was perfectly content to be her companion. When she died, Victoria settled for a quiet existence well outside the spotlight of royal life and public affairs. It was the quiet, carefully regulated life of a typical Victorian-Edwardian spinster. She seemed quite content to spend her time mounting photographs in the family album, doing a little bookbinding in fine leather and occasionally getting out of the rut with a visit to a concert or the opera.

Continued on page 40

"I was a first-rate mother

This young woman suddenly discovered that by being too good a mother, she had almost destroyed her marriage BY JOANNA SETON

I HAVE three beautiful, wonderful children, aged eight months, two years, and three and a half years. I hesitate to sound egotistical or self-pitying, but it is a fact that I work from six in the morning to ten at night. I sit down to fold the last load of wash of the day, and that is it. The rest of the time I am changing diapers, giving baths, dressing, undressing, preparing meals, feeding, washing and drying and ironing clothes, doing dishes, and cleaning the house.

I have, in addition to three wonderful children, a husband. And before I talk of the trouble in our house, let me say that Mike wanted our children every bit as much as I did. He could not have been a prouder father or—as I discovered in the seventh year of our marriage—a more dissatisfied husband.

Let me say also that he is a practicing father. He can do anything with the children that I can, and some things even better, like cutting the toenails of our squirmy middle one and shampooing the antishampoo older one. He knows how to raise one end of the mattress for a baby with a cold, and how much Aspirin to shave into applesauce for an infant who's just had a whooping-cough shot.

Any mother of young children will understand my pleading constant routine, fatigue, and busyness as the cause of my blindness to what was happening. Life with three completely dependent infants is so demanding every single minute, there is neither time nor energy for reflection on it. It was not until I had fallen into bed exhausted one night, already half asleep, that Mike shocked me into realizing the danger to our marriage.

"Conduct befitting a mother, perhaps," he said.

"But certainly not a wife. Like so much you do these days, my dear."

These are electrifyingly harsh words, especially from someone you love and someone you know, or *think* you know, loves you.

My first reaction was panicked defense. Marriage was an institution of growth and change. It was childish to expect our earlier uncomplicated easy relationship to continue forever.

Our current life together was only temporary, I thought. In a few years, the children would be able to do things for themselves, and I could get back to being with and thinking about and caring for Mike. It was true that things had changed between us, in a very mild sort of way, after the first baby, a little more after the second, and even more after the third. But had they changed enough to occasion the piled-up bitterness in his tone this night? Had the last three years been one great monstrous mistake? It had been partly to be a complete wife to this Mike I loved so much that I had the children. Could it be that the more children I had, the less complete wife I had become?

How had our life changed?

In the days that followed, I took a good hard look at things between Mike and me. I did not like what I saw.

In the first two years of our marriage, Mike had come home from work and been met at the door by a wife freshly showered and dressed. Shining hair, smile of welcome, "Darling, I'm so

glad to have you home!" I recalled it vividly, and shuddered at the comparison.

In the seventh year of our marriage, I simply wasn't *at* the door. I was in the kitchen, cleaning up after the children's supper, wearing the same skirt and shirt I'd thrown on when I got up that morning, hair askew, lipstick eaten off. As far as welcoming him was concerned, I didn't even look at his face—just took in his general form and put him immediately to work.

"Bring me that fresh pack of cotton balls from the upstairs closet, will you?" I would say, or, "Don't take your coat off! I want you to get Sally's prescription filled at the drugstore."

There was as stark a difference in our dinners. Where were the white cloth, our best silver and china, the flower from the corner florist, the *hot* hot dishes and the salad ice-cold, the pervading sense of unhurried peace that had been dinner?

When he came home at seven, what did Mike get now? A couple of old broiled lamb chops I'd cooked at five when I'd made the children's and my dinner, a pot of stale, lukewarm vegetables, a knife and fork thrown on the kitchen table. He ate alone, while I bathed the children.

What had become of the evenings—the serene, wonderful hours in which we read, listened to music, talked, took stock of ourselves and where we were going?

Now there wasn't any evening. It was eaten up by chores. Not that Mike didn't help. He made formula while I fed the baby. He washed, dried, and folded the laundry while I cleaned house. He helped from the time he got home until the work was finished—and what did I do? Fall into bed, literally. We didn't re-establish contact until six the next morning, when I streaked up to begin all over again.

One of the best things about our marriage had been that we shared a great appreciation and enjoyment of people. We habitually spent Saturdays and Sundays with others.

I knew that as far as Mike was concerned, the father part of our weekends now was great. He wouldn't have traded for anything the playing and working with the children we both loved so much. But that was all there was. Even with his help, and a dependable baby-sitting aunt, I still couldn't find time to have people in, or to go out. In my single-minded motherhood I always had projects: letting down the hems on overalls, re-

but a second-rate wife"

furbishing and storing the snowsuits. As for our friends, in the seventh year of our marriage I looked around and they were gone.

It is amazing, and terrible, how two people living together can go so long without a talking showdown of their problems. Possibly Mike, too, had been caught up in the insistence and inertia of daily routine. Anyway, one night shortly after I had taken stock I announced flatly: "I'm neglecting you."

We tackled the first problem

He was astounded. But he shook his head. "You're not neglecting me," he said. "you're lost to me. It's simply that with the third baby I lost you."

"Whatever it is," I told him. "I'm miserably unhappy. I spend all my time and all myself on the children, and when you come home at night there's nothing left. I feel so guilty about it I don't even do the children good. I'm neither a good wife *nor* a good mother."

He laughed. "You're just the best mother I know, that's all!"

I shook my head. "It's you that's important, Mike. It's just that the children have *got* to have my attention and you can get along without it. So you're the one who loses out."

We talked and talked. We found our problem times were 1) Mike's arrival home at night, 2) dinner, 3) the evening, 4) the night, and 5) weekends—in short, every bit of the time Mike spent at home. There was nothing special or unusual about our problems. They were common to just about every couple with small children and an income that, though adequate, allowed no outside help.

We went to work on the homecoming first. We arranged with a ten-year-old girl next door to come in every Monday, Tuesday, Thursday, and Friday, from six-thirty to seven-thirty. She merely kept watch and played with our two eldest children, either in the yard or nursery. The baby, who ate at four and eight, slept soundly in his crib. The first fifteen minutes of this free hour I took a quick shower and changed; the second I got Mike's dinner; the final half hour I sat and talked with him while he ate. The unhurried

serenity we had both missed, at least in some small measure we had back.

Mike suggested that a fresh sandwich would be easier and quicker for me to make, and more appetizing for him to eat, than a complete, warmed-over dinner. Afterward, we bathed the children together, and together put them to bed.

Wednesday we abandoned routine and had "family dinner night." I gave the children, after their naps, large mugs of chocolate milk containing beaten eggs, and dishes of stewed fruit. This carried them through till Mike came home from work, when we all dined together. It was a middle-of-the-week celebration, and we had a wonderful time.

The problem of our evenings, or lack of them, was not so simple. The baby had to be fed, the formula had to be made, the laundry had to be done.

Mike resented most, I think, my consignment of the night hours to a dead stupor. He was fully aware of the days I put in. Yet—and of course he was perfectly right—he felt that as a husband he was deserving of more than my complete passing-out.

He had two suggestions: one, cut down on the housework, two, manage a nap. "You're too spick-and-span, darling!" he said. "Open the door of our most obscure closet—it looks like a carefully arranged model in some department store. We're in the baby-raising and homemaking business, not the furniture trade!"

By juggling—an hour's nap

He suggested I could do enough housework in half the time. I wasn't convinced of *that*. But I knew that something had to give, and it had better not be Mike anymore. I cut down on the housework.

We searched the day for nap time. By juggling the baby's schedule we made the naps of all three children coincide for sixty miraculous minutes. But there seemed many reasons why I could not sleep, mostly the doorbell, the telephone, Mike printed placards for the front and back doors, "Back in one hour." No one would bother to ring a bell when there was nobody home, he said. I told telephoning friends of my new schedule.

They were glad to co-operate. Mike had a tough time, though, persuading me not to answer the wrong numbers. "What if it's someone needing me?" I asked him.

"Such a someone, not getting you, would call me," he said. "I'm always available at the office."

In two weeks I was sleeping like a stone, through any interruptions except, of course, for the children. But our children work and play so hard that they also sleep pretty hard. Four days out of five, I get a full hour's sleep. I wake up at three ready to tackle a whole new day—which is just about what's ahead. And in the evening, Mike says, I am again the girl that he married.

There remained the question of weekends. Every marriage must have outside contacts, links with others like itself and others unlike itself.

Fresh faces for the weekend

"Let's just start asking people again," I said. "Without trying to figure out where we'll get the hours to prepare for them and the enthusiasm to stay up late—let's just ask them."

We did. Saturday mornings between us we prepare my special meatballs and spaghetti sauce.

Every two weeks we invite for the afternoon and supper the friends with children the same age as ours. Alternate Saturdays we have friends who do not have children. We dine late, after our three have gone to bed. Oddly enough, this entertaining seems to cut down our weekend drudgery and fatigue. Different, fresh faces plump in the middle of our long weekends together give us new vitality and outlook. Gradually we got back our weekends and we got back our friends.

Mike and I have not reached a perfect solution, by any means. With three preschoolers whose needs, schedules, and states of health are forever in a state of flux, it is not possible to "organize" your life. The really important change at our house is that now I am trying just as hard to be a good wife to my husband as I am trying to be a good mother to our children.

A few days ago Mike remarked matter-of-factly that he thought we were both about ready to start talking baby number four. He knows as well as I do, you see, that the next one will bring us closer together than ever. ♦



TOMBOY

TED HARRIS

WHEN the train rounded the last curve Kit moved closer to the car window and pressed her face against the glass. First would come the hill, then the water tower and then, gliding toward her, the station.

It was the hill that mattered. Always as a child, if no one was looking, she had blown a kiss over the hill to the cottage where Angela lived. This morning, alone in her roomette, Kit blew the kiss as accurately as she could and with it went a silent, special message.

Everything's changed, Angela, except you and the hill with its lovely, frothing colors. I told him about you and the hill last night, and he seemed to know that you would understand.

No one else would. Certainly not Kit's father, Drayton Mathews, who would be waiting at the station with his happy grin, looking more like an aging playboy than a banker. Not Alice Mathews, Kit's beautiful, childlike mother, who was sure she had been frightened by a horse before Kit was born. And not Linda, Kit's sister, whose natural priggishness, plus Freddie Wilbur, had obscured her vision.

Kit tilted her straw hat over her dark curls and prepared to look dignified at her father's first words: "Didn't you bring the rest of the team?" Or: "How many redskins bit the dust this semester?" Or some such malarkey.

Of all the people she was coming home to, only Angela, her grandmother, would understand.

From the time Kit Mathews was a toothpick of a youngster Angela Evans had been her confidante. It had begun on a summer morning when Kit was eight and she had come trudging up the hill to Angela's cottage with a brown puppy in her arms.

"They bought Linda a Chicago," she said angrily.

Angela took off her garden gloves to receive the proffered treasure. "Chihuahua?" she echoed.

Kit nodded. "More like a rat. I wanted a dog."

"This one is beautiful," Angela said, stroking the glossy coat.

"He's a Mongol," Kit said proudly. "Half male and half female."

"No mother, you mean—and no father?"

"That's right. His mother deserted him. Somebody brought him to the shelter . . . Angela," Kit clutched her grandmother's arm, "they wouldn't let me keep him if they knew."

"Knew what?"

"He's blind." The child snatched the puppy back and buried her face in his glossy coat. "I found out on the way home."

Angela picked up her trowel and started digging around the morning-glories. "Why do you *want* to keep him, Kit?"

Kit held the dog close and pawed the ground. "Most people would have a blind dog killed. I want him to live and have fun."

"Angela?" Her voice sounded uncertain. "They won't let me keep him at home."

"I know." Her grandmother took off her floppy sun hat. Her curls gleamed like gold and silver coins in the sunlight.

"You know what I'd like?"

"You'd like me to keep him for you."

Kit stared at her in wonder. "How did you guess?" *Continued on page 49*

*Her sister said
she was disgracing
the family,
her mother gave up
in despair.
But Kit was learning
in her own way
the truth
about men and love*

By MARIAN SHUMAN

Illustrated by TED HARRIS





Chance Meeting

Both of them understood from the beginning that there was a part of his life he could never share with her

FRIDAY is market day at Bonsecours in Montreal. The farmers' red and blue trucks are drawn up in two lines from Nelson's column to the bottom of the hill. The farmers, their wives and daughters sit on the tails of the trucks, their produce around them. Produce that begins with gay spring lettuce and grows richer in color as the season advances—right through to the red peppers, purple eggplants, apples and pumpkins. The customers pass between the two lines—peering, feeling, bargaining.

Even now, after five on a late June afternoon, there was a press of shoppers—housewives from the poorer districts, clerks on their way home, pensioners, Greg Graham, a slight grey-haired man, dressed with the neat sobriety that befitted the senior assistant secretary of the Bank of Lower Canada, seemed out of place.

Seeking the tender young peas you find just at the beginning of summer, he stopped at a stall where three baskets were on display. "How much?" he asked the red-shirted farmer.

"Seventy-five cents."

"That's too expensive."

"They are very good. Very sweet. Try one, *monsieur*."

He picked out a pod, pinched it open, thumbed out the peas and ate them.

The woman said, "Good evening, Mr. Graham," as he was searching his pocket for the three quarters. He had to think hard who she was.

"Oh—good evening," he said finally.

It was the change from a dark-brown uniform to a flowered *Continued on page 54*

By **MICHAEL SHELDON**

Illustrated by Huntley Brown

The market had lured him down from the bank and that was how he had met her.

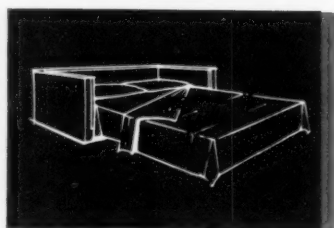
ONE ROOM—WITH A 24-HOUR LIFE

By day it's every inch a sitting room. At night it magically produces a bed. The room could be a bachelor flat, a combination den and guest room, or a private retreat for grandmother. Here we show it to you in six clever versions, and as many uses

BY DORIS THISTLEWOOD *Chatelaine Home Planning Editor*



Furnishings by Eaton's



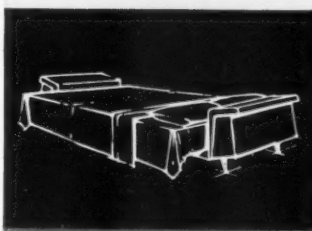
WITH A WEDDING PLANNED

All the furniture in this bachelor flat can be moved straight into your married apartment later. The trim bed-sofa has a mere three-inch-deep back and separate back cushions. Here, it fits easily into the room at a right angle, leaving wall space for other pieces. Behind it

is a buffet storage unit, a vanity-desk and a pierced-metal screen which could now conceal your luggage collection or a radiator. Opposite the TV is set beside a long low bench to form a neat unit. The bench could be used later as a coffee table. The inexpensive cotton loop rug ties the conversation-seating group together.

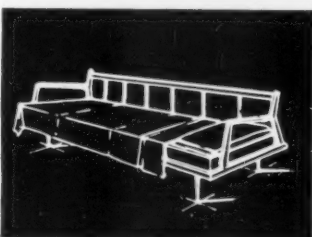
FLAT FOR A BACHELOR GIRL

Here the sofa back drops down to form half of the bed, saving you floor space when it's opened out. To preserve the living-room look, a felt-covered screen conceals the electric grill and cupboard. The same felt is used for café curtains. To make the screen: Buy an ordinary wooden clothes-drying horse. Cut a strip of felt the width of one drying panel and twice its height; wrap strip over front and back of the panel and button the two ends at the back. Repeat for each panel. Tack on diamonds of contrasting felt.



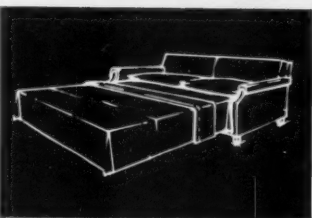
TEEN-AGER'S HEADQUARTERS

This slender day bed converts into a comfortable single bed with a foam-rubber mattress when you remove the long back bolster. By day it gives your teen-age daughter a private living room with plenty of space for a desk, chest and record player. You can add seating room by slip-covering three twenty-two-inch-square foam-rubber cushions (foreground). When not in use, pile cushions into a hassock. Keep window treatment uncluttered with Venetian blinds in the wall color and café curtains hung from a bold brass rod.



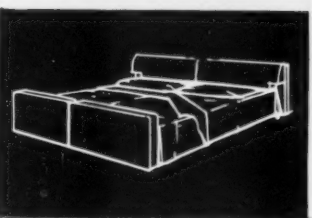
NEWLYWEDS' FIRST HOME

Newlyweds with a saving plan often choose a one-room apartment. Here the sofa opens into a full-size double bed. Later, in the living room of a house it will sleep overnight guests. For a space-saving way to screen the built-in kitchen, hang colored theatrical gauze from ceiling to floor from a ceiling drapery track. Sew lead weights in the hem to provide body. Use the same gauze for drapery over tight-closing Venetian blinds which match the wall color. Store bed pillows in two (homemade) boxes under a long low coffee table.



BONUS SPACE FOR GUESTS

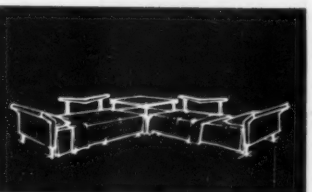
The breezeway, built in and heated, is an ideal second living room or guest room. Or it can satisfy a teen-ager's yearning for independence. The bed-sofa shown here actually pulls out into twin beds; one can be used and the other left closed for seating. Since most breezeway rooms will have no allowance for closet space here is an easy solution: Space large brass hooks on one wall, with a screen in front to hide the clothes. Make the floor warm-looking with wall-to-wall carpeting or inexpensive woven sisal rugs.



Sketches by Murray Oliver

IF IN-LAWS LIVE IN

If your married daughter or perhaps your husband's parents live with you, they'll appreciate a bedroom that is in fact a private living room. Here two sectional sofas pull out at the ends into twin beds, with foam-rubber mattresses. Cotton broadloom adds a touch of living-room luxury and makes the room appear larger. Add a wheeled cart for serving tea or supper "at home." For clothes storage, in a converted living or dining room, use an alcove concealed by a bamboo blind.



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FIFTY



Fruit Nut Torte (Cakes and Cookies)

Scotia Scudder (Supper Dishes)



Borsch (Miscellaneous)



Orange Coffee Cake (Breads)

CHATELAINE'S SEVENTH ANNUAL COLLECTION OF

FAVORITE FAMILY RECIPES

Once again Chatelaine readers across the nation have shared their kitchen treasures. This is food Canada likes best, chosen from 7,216 entries

COMPILED BY CHATELAINE INSTITUTE

The happiest result, we think, of our annual recipe contests is that everyone ends up a winner. This year's prize earners are right now rejoicing in their cheques (twenty-five dollars for the six top winners shown on this page, five dollars for the rest) and at seeing their finest dishes in print. Chatelaine readers are about to add fifty delectable new favorites to their family cookbooks. And we, after sorting the mountains of recipes, reading and testing them, have fresh first-hand knowledge of the foods Canada likes best.

Better than that, we've gained friendships that stretch the length and breadth of the land. More than 7,200 of you wrote to us from places as far apart as Yellowknife, N.W.T., and Goose Bay, Labrador. Many were renewing acquaintances from previous contests. Some were new friends, like the woman in Montgomeryshire, Wales, who told us that although she wasn't eligible for a prize she was sending along her favorite recipe just to be neighborly.

Another friendly "housewife" turned out to be seventy-nine-year-old Walter Moody, of Thamesville, Ont., who took up cooking three years ago when his wife was injured in an auto accident. Good thing he did, too, because his entry is one of this year's fifty favorites.

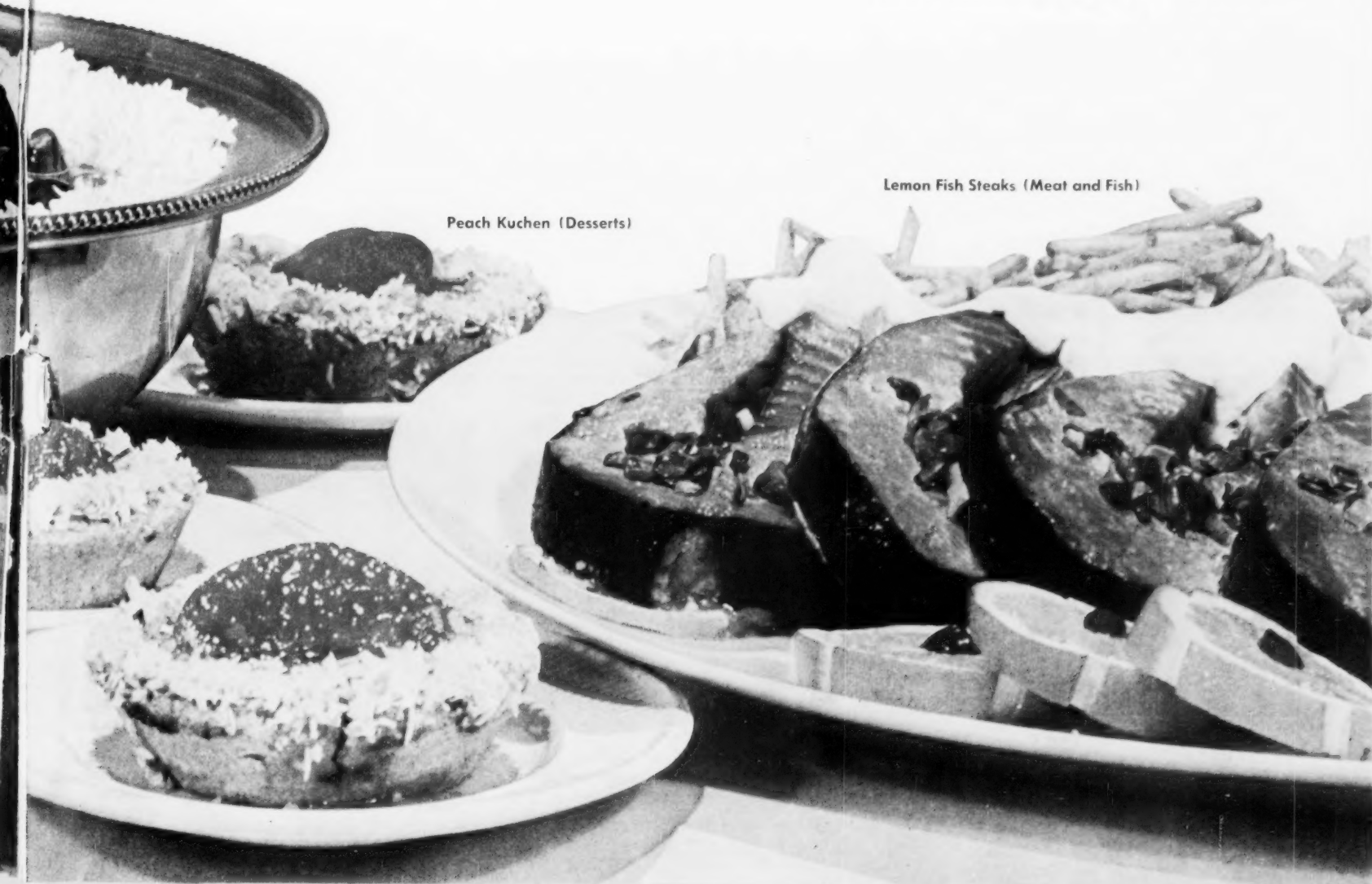
Of all the entries, supper dishes were most impressive. So many were ideal for serving to a crowd that we suspect the informal buffet supper is firmly established as Canada's favorite way of entertaining at home. And, to judge by the large and mouth-watering entry, candy-making is another prized pastime.

The high quality of recipes in all categories made this year's choice of fifty doubly difficult. Once again we thank you all—for your wonderful response, your fine selections, and your eagerness to share your treasured recipes with us and with others through the pages of Chatelaine.

FIFTY RECIPES BEGIN ON PAGE 28

Peach Kuchen (Desserts)

Lemon Fish Steaks (Meat and Fish)



21 problems solved with soup

Here are 21 answers to eating problems every homemaker can really appreciate. And, in case you haven't noticed, we've used a *different* Campbell's Soup for each suggestion. Why don't you try the same plan with *your* problems? Just keep a variety of Campbell's 21 grand soups on hand. They're like magic! (problems or no problems)



COUNTING CALORIES?

Here's how to watch your waistline and still enjoy your meal: Have a bowl of delicious **Chicken Gumbo** Soup made with chicken and vegetables—and fruit for dessert.



SUDDEN GUESTS?

Easy way to say, "Stay for supper!" Fill a tureen or bowl with hearty **Beef Soup**... set up a tray of crackers or sandwiches... everybody helps himself!



NEED A REFRESHING LIFT?

It is so delicious... **Beef Broth** (Bouillon) as a beverage. With meals, or after meals or between meals, it's a pepper-upper... hot in a cup or iced "on the rocks."



EATING ALONE?

It's no trouble to have a cozy soup-plate lunch like this: Hearty, filling **Vegetable Beef Soup**, hot and inviting! And right along with it, a fresh, crisp salad and dessert.



HUNGRY AT BEDTIME?

Have something that won't keep you awake — a warming, brothy cup of soup... Campbell's **Chicken with Rice Soup**. Then, lights out — and pleasant dreams!



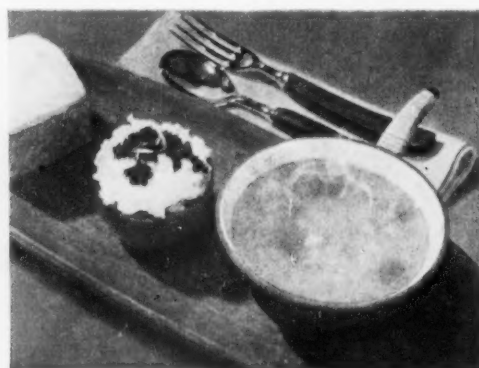
LUNCHES TO PACK?

Give them something hot and delicious. Send along a vacuum bottle full of creamy, smooth Campbell's **Green Pea Soup**. It's nourishing!



NEED A QUICK VEGETABLE COURSE?

Serve a mug of Campbell's **Vegetable Soup**. Here are 15 vegetables to have through the meal... a pleasant way to get your vegetable course's worth of nutrition.



SHORT ON TIME?

Make a soup plate — quick — like this: hot and hearty **French Canadian Style Pea Soup** to nourish... a salad to nibble... a piece of cake for dessert. M-m-m... good.



CHILDREN'S PARTY?

Here's an idea that takes the cake, puts it on a plate — with a cup of nourishing, fun-to-eat **Chicken Noodle Soup**. That's a way to make a party.



MENU MONOTONY?

Perk up the menu with a fresh and tangy chowder—like Campbell's **Clam Chowder**. Made of tender bay clams and clam broth, deftly seasoned... welcome any time!



HE-MAN TO FEED?

Have a big bowl of **Scotch Broth**! This soup's almost a meal in itself... mutton, barley, vegetables. Be ready with plenty for second helpings!



NEED MORE MILK?

Most people do! Have your favorite soup the milky way. Campbell's **Cream of Asparagus Soup** made with milk is a smooth, nourishing treat for anyone!



A CROWD TO FEED?

Easy! Count heads — get out a pitcher and mugs. Pour out generous helpings of that most welcome and warming of soups — Campbell's **Cream of Mushroom Soup**!



BETWEEN-MEAL SNACKS?

When you want something light and flavorful, **Cream of Chicken Soup** is a just-right snack. And *this* is chicken soup as only Campbell's can make it!



BALKY APPETITES?

See if this French-style delicacy doesn't work like a charm: perfectly blended beef broth, sweet onions, cheese... Campbell's **Onion Soup**, of course.



BREAKFAST SKIMPERS?

Give mornings new variety! Start with a cheerful cup of Campbell's **Tomato Soup**. Perks up a breakfast appetite—and is extra-good for you made with milk.



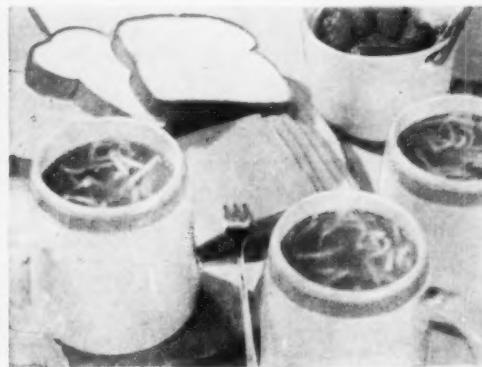
MEAL NEED MORE BUILD-UP?

If your meal's light — add bowls of country-tasting **Bean with Bacon Soup**. You know you're getting healthful nourishment — a most enjoyable way!



MIDNIGHT SUPPER?

After a movie, or an evening of talk, people like a light, late supper. What could be more pleasant than cups of **Cream of Celery Soup**, with fluffy scrambled eggs?



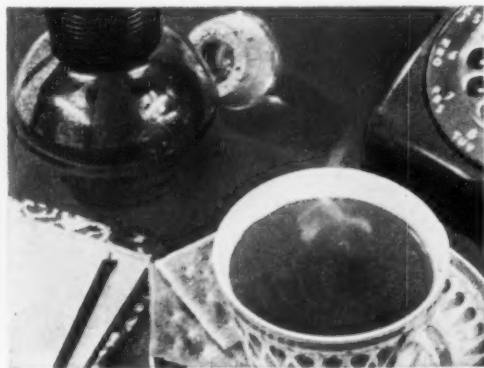
TEEN-AGE TREATS?

Do-it-themselves suggestion: Set up a snack bar right in the kitchen. Have plenty of **Beef Noodle Soup** ready to serve... cheese and bread ready for sandwiches.



MEATLESS MEAL?

Vegetarian Vegetable Soup makes a good and hearty start. 15 best-of-garden vegetables — green, red and yellow — cooked in their own good broth.



MID-MORNING SLUMP?

When you're tired, let down or low—take a soup break. Relax and enjoy a bracing cup of **Consommé**. It's pure beef stock, slow-cooked and expertly flavored.



For variety, nourishment
and good eating...
always buy *Campbell's* soups

CHATELAINE MEALS OF THE MONTH

February

Tired of cooking the same old thing? This month's suggestions with our readers' favorites (see page 22) could be your favorites too

	BREAKFAST	LUNCHEON OR SUPPER	DINNER		BREAKFAST	LUNCHEON OR SUPPER	DINNER
FRI 1	Apricot Orange Juice Scrambled Eggs Raisin Bran Muffins Coffee Chocolate Milk Drink	Tomato Soup Salted Hot Popcorn Pineapple and Cottage Cheese Salad Milk Tea	Scallops à la King* Shoestring Potatoes Julienne Carrots Poppy Seed Strudel* Coffee Milk Tea	WED 20	Grapefruit Juice Scrambled Eggs Whole-wheat Muffins Coffee Chocolate Milk Drink	Toasted Cheese Sandwiches Green Salad Ice Cream Milk Cookies Tea	Tomato Juice Sausage Noodle Chili* Green Beans Date Squares Coffee Milk Tea
SAT 2	Half Grapefruit Broiled Liver Muffins Jelly Coffee Chocolate Milk Drink	Blended Vegetable Juice Creamed Asparagus on Toast Leftover Strudel Milk Tea	Broiled Lamb Chops and Peach Halves Whipped Potatoes Brussels Sprouts Lime Jelly and Cream	THU 21	Minted Orange Sections Crisp Cereal Flakes Toast Marmalade Coffee Chocolate Milk Drink	Spanish Rice Hot Biscuits Grape Sling Milk Tea	Old-fashioned Tourtière* Noodles Peas Mocha Frosted Spice Cake Coffee Milk Tea
SUN 3	Baked Apple Shirred Eggs Bacon Curls Toast Marmalade Coffee Chocolate Milk Drink	Old-style Vegetable Soup Fruit Salad Cheese Sticks Corn-bread Muffins Milk Tea	Roast Pork Loin Spiced Crab Apples Roast Potatoes Cabbage Salad Lemon Meringue Pie	FRI 22	Lemon Lime Juice Shredded Wheat Biscuits Sliced Bananas Toast Jam Coffee Chocolate Milk Drink	Fluffy Omelet Creole Sauce Fresh Fruit Cup Milk Tea	Salmon Rice Patties Creamed Carrots Chef's Salad Cottage Pudding Coffee Milk Tea
MON 4	Grape Juice Oatmeal Cereal Molasses Toast Jam Coffee Chocolate Milk Drink	Sandwiches of Luncheon Meat in French Toast Carrot Sticks Preserved Strawberries Milk Tea	Pork Casserole Green Beans Floating Island Coffee Milk Tea	SAT 23	Grapefruit Juice Waffles and Sausages Toast Marmalade Coffee Chocolate Milk Drink	We are shopping! Out for Lunch	Baked Stuffed Heart Roast Potatoes Mashed Turnip Peach Halves Coffee Milk Tea
TUE 5	Stewed Apricots Consommé Soup Cheese Muffins Honey Coffee Chocolate Milk Drink	Fluffy Tomato Omelet Spinach Apple Crisp Milk Tea	Savory Round Steak Boiled Potatoes Green Salad Blue Cheese Dressing Ice Cream Coffee Butterscotch Sauce*	SUN 24	Baked Apple Soft-cooked Eggs Bran Muffins Coffee Chocolate Milk Drink	Chili Con Carne Assorted Relishes Vanilla Pudding Fruit Topping Milk Tea	Roast Chicken Duchess Potatoes Carrots Tossed Salad Jelly Roll Ice Cream Coffee Milk Tea
WED 6	Orange Juice Raisin Bran Flakes Toast Jelly Coffee Chocolate Milk Drink	Broiled Cheese and Bacon Frankfurters Celery Sticks Preserved Cherries Milk Tea	Pot Roast Riced Potatoes Beets Apricot Whipped Cream Coffee Milk Cookies Tea	MON 25	Stewed Figs and Lemon Oatmeal Brown Sugar Toast Jam Coffee Chocolate Milk Drink	Beef Vegetable Soup Egg Salad in Toasted Hamburger Buns Baked Apple Milk Tea	Chicken Spaghetti Casserole Broccoli Vinaretta* Coffee Milk Tea
THU 7	Orange Sections Poached Eggs on Toast Toast Marmalade Coffee Chocolate Milk Drink	Hot Beef Sandwich French Fried Potatoes Raw Carrots Butter Tarts Milk Tea	Meat Loaf Tomato Sauce Broccoli Noodles Coconut Baked Custard Coffee Milk Tea	TUE 26	Apricot Juice Bran Flakes Toast Jelly Coffee Chocolate Milk Drink	Jellied Chicken Salad Hot Potato Chops Carrot Sticks Cranberry Muffins Milk Tea	Stuffed Pork Chops Broiled Pineapple Sweet Potatoes Pear Halves Coffee Milk Tea
FRI 8	Stewed Prunes and Lemon Whole-grain Cereal Molasses Toast Jam Coffee Chocolate Milk Drink	Oyster Bisque Whole-wheat Popovers* Fresh Fruit Milk Tea	Salmon Steak Dinner* Scalloped Potatoes Harvard Beets Chocolate Layer Cake Coffee Milk Tea	WED 27	Half Grapefruit Poached Eggs on Toast Cherry Coffecake Coffee Chocolate Milk Drink	Corn Chowder Hot Dog Kabobs Pickles Preserved Raspberries Milk Tea	Swiss Steak Cabbage Noodles Sour Cream Twists* Coffee Milk Tea
SAT 9	Orange Slices Fried Corn-meal Mush Bacon Maple Syrup Coffee Chocolate Milk Drink	Tomato Juice Egg Salad Sandwich Leftover Cake Milk Tea	Chicken Casserole Potato Chips Cole Slaw Baked Apples Orange Sauce* Coffee Milk Tea	THU 28	Orange Juice Hot Oatmeal Molasses Toast Jam Coffee Chocolate Milk Drink	Stuffed Green Peppers Tossed Salad Sour Cream Twists Milk Tea	Beef Liver and Bacon Whipped Potatoes Spinach Dill Pickles Strawberry Cheese Pie* Coffee Milk Tea
SUN 10	Grapefruit Juice Hash Patties Toast Jam Coffee Chocolate Milk Drink	French Onion Soup Green Salad Cheese Bread* Rice Pudding Milk Tea	Baked Ham Glazed Sweet Potatoes Spiced Peas Mashed Turnip Pineapple Cheese Pie* Coffee Milk Tea				
MON 11	Tangerine Juice Oven-toasted Rice Cereal Honey Raisin Bread Coffee Chocolate Milk Drink	Sliced Broiled Ham Orange Marmalade Glaze Cabbage Salad Sliced Bananas Milk Tea	Hungarian Goulash Dumplings Cauliflower Molded Fruit Coffee Milk Tea				
TUE 12	Applesauce Crisp Waffles Cinnamon Honey Coffee Chocolate Milk Drink	Split Green Pea Soup Cheese Crackers Chicken Salad Sandwich Butterscotch Cookies Milk Tea	Ham-and-Egg Pie* Corn Chef's Salad Lemon Coconut Squares Coffee Milk Tea				
WED 13	Orange Grapefruit Sections Soft Eggs Date Nut Muffins Coffee Chocolate Milk Drink	Vegetable Salad Plate Cheddar Cheese Soda Crackers Assorted Cakes and Cookies	Porterhouse Steaks Baked Stuffed Potatoes Carrots Cherry Pie Coffee Milk Tea				
THU 14	Prune Juice Oatmeal Brown Sugar Toast Marmalade Coffee Chocolate Milk Drink	Bouillon Soup Chow Mein Noodles Heart-shaped Tomato Aspic Salad Cherry Pie (reheated)	Fruit Cup Savory Churros* Assorted Relishes Strawberry Ice Cream Heart-shaped Cookies				
FRI 15	Bananas in Orange Juice French Toast Maple Butter Coffee Chocolate Milk Drink	Macaroni and Cheese Carrot Curls Green Olives Cookies Milk Tea	Fried Frozen Smelts Whipped Potatoes Lima Beans Carrots Chocolate Mint Parfait Coffee Milk Tea				
SAT 16	Orange Juice Whole-wheat Flakes Toast Honey Coffee Chocolate Milk Drink	Triple-Decker Sandwich of Bacon, Tomato and Tuna Celery Sticks Fresh Fruit Milk Tea	Pork Chop and Potato Casserole* Cole Slaw Assorted Pickles Banbury Tarts Coffee Milk Tea				
SUN 17	Assorted Stewed Fruits French Omelet Chicken Livers Toast Jam Coffee Chocolate Milk Drink	Waldorf Salad Brick Cheese Crusty Rolls Yesterday's Tarts Milk Tea	Roast Beef Yorkshire Pudding Baked Potatoes Mashed Turnip Swedish Ring				
MON 18	Sliced Oranges Hot Tomato Soup Toast Jelly Coffee Chocolate Milk Drink	Cold Sliced Roast Beef Celery Beet Salad Toasted Tea Rings Milk Tea	Kash Mash* Baked Butternut Squash Spinach Reheated Muffins Cherry and Lime Jelly				
TUE 19	Grape Juice Whole-grain Cereal Maple Syrup Toast Jam Coffee Chocolate Milk Drink	Chicken Noodle Soup Soda Crackers Vegetable Salad Caramel Nut Pudding Milk Tea	Liver and Onion Rings Parsley Potatoes Stewed Tomatoes Preserved Peaches Coffee Milk Tea				

CHATELAINE RECIPES OF THE MONTH

Below are the six top winners in our 50 Family Favorites contest. For these and the rest of the fifty recipes, turn to page 22.



*Recipe appears elsewhere in this issue



EXTRA ENERGY

for Mother



for Children



for Father



**BEE HIVE gives her the energy
she needs...and the flavour she loves!**

Young bodies use energy fast. So thank goodness for delicious Bee Hive Golden Corn Syrup!

For Bee Hive is absorbed at once . . . goes right to work replacing lost energy. And here's the wonder of it (as if you didn't know). Children really love Bee Hive's flavour.

So let them eat Bee Hive often—before play and after. Try it on father too when he goes out to shovel snow. He'll breeze through the job and come in boasting. In fact, let Bee Hive be an energy booster for *all* your family. Ask for it at your grocer's.

*Refilling is easy
from your regular tin
of Bee Hive*

BEE HIVE Golden CORN SYRUP

St. Lawrence Starch Company Limited, Port Credit, Ont. Makers of Durham Corn Starch, Ivory Gloss Laundry Starch and St. Lawrence Oil for salads, baking and frying.



50 Favorite Recipes begin here—story starts page 22

SUPPER DISHES



★ First Prize \$25

SCOTIA SCUDDER

Mrs. C. T. Fitz-Randolph, Bridgetown, N.S.

- | | |
|---|--|
| 1 pound sausage meat rolled in small balls or sausages cut in 1-inch pieces | 24 drained maraschino cherries |
| 1 pound chicken livers cut in bite-size pieces | ½ cup sliced green celery |
| 1 pound hamburger steak rolled into small balls (about 1 inch in diameter) | 1 green pepper, cut in slivers |
| 1 can pineapple chunks (drain and save liquid) | 6 chicken bouillon cubes dissolved in 3 cups boiling water |
| | 7 tablespoons cornstarch |
| | 4 teaspoons soy sauce |
| | ¾ cup corn syrup |
| | 1 cup mild vinegar |

Fry sausage slowly until nicely browned. Remove from fat. Cook chicken livers and steak balls separately in sausage fat and remove. Place pineapple, cherries, celery and green pepper in a saucepan with the chicken bouillon cubes dissolved in boiling water. Simmer for about 5 minutes. Lift out fruits and vegetables and set aside with the meats. Dissolve cornstarch in reserved pineapple juice and stir into hot chicken liquid. Add soy sauce, corn syrup and vinegar. Continue to cook and stir until mixture is thick and smooth. Correct seasoning and stir in meats, fruits and vegetables. Simmer gently for a few minutes to blend flavors and serve with curried rice, green beans and a tossed salad. Serves 8 to 10.

SAUSAGE-NOODLE CHILI

Mrs. E. L. Morgan, Saskatoon

Cut ¾ pound sausages in ½-inch pieces and place in a large frying pan that has a close-fitting cover. Fry uncovered until pieces are nicely browned. Drain off all fat.

Add:
4 ounces broad noodles, slightly broken ½ cup chopped onion
½ cup sliced celery

Sprinkle with:

- | | |
|---------------------------|-----------------------------|
| ½ teaspoon salt | ½ teaspoon dry mustard |
| ¼ teaspoon pepper | ½ teaspoon granulated sugar |
| 1½ teaspoons chili powder | |

Stir in:

- | | |
|-------------------------|---------------------|
| 1 20-ounce can tomatoes | ½ cup grated cheese |
| ½ cup water | |

Cover closely and simmer, stirring occasionally, until noodles are cooked—about 30 minutes. Add a little boiling water if necessary. Sprinkle with cheese before serving. Serves 5.



TEEN BEAN BAKE

Mrs. K. Hutchings, Kingston

- | | |
|--|--|
| ½ pound frankfurters, cut in ½-inch pieces | 1½ teaspoons double-acting baking powder |
| 3½ cups baked beans (two 16-ounce cans) | 1 teaspoon salt |
| ½ cup ketchup | ¾ cup corn meal |
| ½ cup water | 1 egg, slightly beaten |
| 1 tablespoon prepared mustard | ¾ cup milk |
| ¾ cup sifted all-purpose flour | ¼ cup melted shortening or salad oil |
| 1 tablespoon white sugar | ½ cup minced onion |

Grease 13 x 9 x 2-inch pan with bacon drippings or other shortening. Combine frankfurters, beans, ketchup, water and mustard in greased pan. Sift together flour, sugar, baking powder and salt into large bowl. Stir in corn meal. Add egg, milk, shortening and onion, all at once, to dry ingredients, stir just to combine. Spoon over beans in baking pan. Bake in moderately hot oven 400 deg. F. 35 to 40 minutes. Serves 8 to 10.



COAST-TO-COAST SALAD

Mrs. Roxie Joy, Noranda, Que.

- | | |
|-------------------------------|---|
| 2 cups cooked broken macaroni | 1 small green pepper (sweet) chopped finely |
| 1 6-ounce can tuna | Salt and pepper to taste |
| 1 cup diced cucumber | ¾ cup mayonnaise |
| 1 cup diced celery | 2 tablespoons lemon juice |
| 2 tablespoons minced onion | |

Boil macaroni until tender. Drain, wash and cool. Drain and flake tuna. Combine macaroni and tuna flakes with remaining ingredients. Chill and serve in lettuce cups for a hearty supper dish. Garnish if desired.



SINGAPORE BAKED BANANAS

Mrs. G. Sparling, Calgary

- | | |
|-----------------------------------|-----------------------------------|
| 4 firm bananas | 1 sweet red pepper |
| 1½ tablespoons melted butter | 1 green pepper |
| 1 pound fresh or frozen shrimps | 1 onion |
| | 3 cups cooked rice |
| CURRY SAUCE: | |
| 6 tablespoons butter or margarine | 1 teaspoon salt |
| 6 tablespoons flour | ¼ teaspoon pepper |
| 2 teaspoons curry powder | 2½ cups chicken consommé or stock |

Prepare curry sauce by cream-sauce method. Peel bananas, cut in half and place in baking dish. Brush well with butter or margarine. Pour half of curry sauce over bananas. Bake in moderate oven 375 deg. F. for 18 minutes or until bananas are tender. Heat shrimps in half the remaining sauce. Cook onion and peppers in a little shortening till tender but not brown. Make a rice ring in ring mold. Unmold for serving and fill centre with peppers mixed with a little sauce. Place shrimps around rice alternately with bananas. Serve with remaining sauce. Allow about 6 to 8 shrimps to each serving. Garnish with tomato wedges and parsley if desired. Serves 4 to 6.



SAVORY CHURROS

Mrs. N. Life, Port Arthur

- | | |
|---|---------------------------------------|
| FOR THE CHURROS | |
| 1 cup water | 1 cup sifted all-purpose flour |
| ¼ cup butter | 3 eggs |
| ¼ teaspoon salt | |
| FOR THE SAUCE | |
| 1 tablespoon melted fat | 1 10-ounce can cream of tomato soup |
| 1 small chopped onion | 1 10-ounce can cream of mushroom soup |
| 2 sticks chopped celery | Salt and pepper to taste |
| ½ teaspoon rosemary | |
| 1 cup chopped meat (either raw or cooked) | |

Boil water and add butter and salt. Sift in flour and boil until it leaves the side of the pan. Add slightly beaten eggs, one at a time, beating well. When the paste is smooth, press it through a frosting nozzle into hot deep fat. Fry until crisp.

Sauté chopped onion and celery in melted fat. Add rosemary and meat, fry until brown. Add both cans of soup, and salt and pepper as desired. Serve fritters in a hot dish with the sauce poured over them, garnished with parsley. Serves 4.

GENE'S CURRY

Mrs. H. B. Kellington, Newmarket, Ont.

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|--|-------------------------------------|
| 1 to 2 cups lean cooked cold lamb (cubed) | ½ cup green or wax beans or carrots |
| 4 tablespoons good-flavored dripping from meat, or butter | ¼ cup tomato juice |
| 2 large onions, coarsely chopped | 1 cup gravy or consommé |
| 1 medium-size tart apple or 4-inch-long stalk of rhubarb, cut up | 1 cup water |
| 1 cup celery | 1½ teaspoons salt |
| | 2 teaspoons curry powder |
| | 3 tablespoons all-purpose flour |

Cook cut-up onion and apple or rhubarb in the fat until soft but not brown. Add celery and other vegetables cut into small pieces. Add tomato juice, gravy and water. Add 1 teaspoon salt. Cover and cook slowly until vegetables are tender, about 20 minutes. Mix together 3 tablespoons flour, 2 teaspoons curry powder and ½ teaspoon salt with a little cold milk or water. Add to vegetable mixture, stirring meanwhile. Cook a few minutes longer over very low heat, stirring frequently. Taste for curry powder and salt. This quantity makes a curry which is just pleasantly hot to average taste, but more curry powder can be added if desired. Five minutes before serving time add the prepared cold meat. Heat thoroughly, but do not overcook at this stage. Serve over fluffy boiled rice. Serves 5 or 6.



HAM-AND-EGG PIE

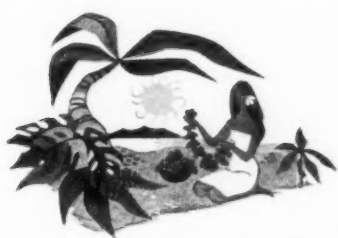
Mrs. Keith Parker, Truro, N.S.

- | | |
|-----------------------------------|------------------------------------|
| 2 cups cubed cooked ham | 2 cups milk |
| 2 tablespoons chopped onion | 1¼ teaspoons salt |
| ¼ cup chopped celery | 2 hard-cooked eggs |
| 3 tablespoons butter or margarine | 2 tablespoons chopped green pepper |
| 6 tablespoons all-purpose flour | |

Brown onion and celery in butter; add flour. Stir in milk. Cook until thick and season to taste. Add quartered eggs, green pepper and ham. Place in greased casserole. Mix as for dumplings 1½ cups sifted bread flour, 2½ teaspoons baking powder, ¼ teaspoon salt, 3 tablespoons shortening, 1/3 cup grated cheese and 2/3 cup milk. Spread over ham mixture and bake 30 minutes at 400 deg. F. Serves 4 generously.



Hawaiian
DOLE [^] PINEAPPLE for an elegant touch as easy as a breeze !



It's all golden, all delicious, all *Hawaiian* pineapple. And DOLE pineapple—being what it is—lifts any dish out of the doldrums. Above, sliced pineapple, a gay twist and a little paprika edging, make a cottage cheese salad extra good eating!

6 tempting styles:



Try tasty, colorful DOLE Fruit Cocktail, too! It's made only from *whole* fruit—the finest peaches, pears, grapes, cherries and *Hawaiian* pineapple.

SUPPER DISHES

PORKER PIZZAS

Mrs. Clarence Jonah, Dorchester, N.B.



- | | |
|--------------------------------------|---|
| 12 pork sausages | $\frac{1}{2}$ teaspoon oregano |
| 12 slices of cheese | $\frac{1}{4}$ teaspoon rosemary or marjoram |
| 12 slices of tomato | 2 cups flour |
| 2 tablespoons sugar | 4 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ teaspoon salt |
| 2 teaspoons chopped fresh parsley | 4 tablespoons shortening or butter |
| $\frac{1}{4}$ teaspoon celery salt | $\frac{2}{3}$ cup milk |
| $\frac{1}{4}$ teaspoon summer savory | |

Slice tomatoes and cheese and set aside. Mix seasonings in a small bowl. Pan-fry sausages until brown and nearly done and drain. Sift flour, baking powder, and salt. Cut in shortening. Add milk and stir gently to form a soft dough. Place dough on floured board and pat out into a large rectangle $\frac{1}{2}$ inch thick. Cut into 12 strips each 2 x 3 inches. Place on a greased baking sheet. Make a gash lengthwise down the centre of each rectangle with a knife. Place a sausage in the slot. Cover with a slice of cheese, then a slice of tomato. Sprinkle with the seasonings from the bowl. Bake the pizzas in hot oven 400 deg. F. for 12 to 15 minutes. Serve at once.

BREADS

★ First Prize \$25

ORANGE COFFEECAKE

Mrs. C. Rawlinson, Prince Albert, Sask.



Soften 1 package dry yeast in $\frac{1}{4}$ cup warm water. Add 1 teaspoon sugar. Cream together $\frac{2}{3}$ cup butter or margarine, $\frac{1}{3}$ cup sugar, 1 teaspoon salt. Add 4 beaten eggs. Beat well. Stir in 4 cups sifted bread flour alternately with yeast and $\frac{3}{4}$ cup light cream. Mix well but do not beat. Reserve 1 cup dough. Spread remainder in two well-greased 9 x 9 x 2-inch pans. Cover with orange filling, made by combining $\frac{2}{3}$ cup each of soft butter, chopped blanched almonds, sugar and orange marmalade. Cover with a lattice top made as follows: Blend $\frac{1}{4}$ cup flour with the 1 cup reserved dough. Divide in 12 equal parts. Roll each in floured hands to make 9-inch strips. Arrange 6 strips over each pan in lattice pattern. Brush with beaten egg. Cover and let rise until almost double. Bake at 350 deg. F. for 35 to 45 minutes.

SASKIE SINKERS

Miss Evelyn Ballard, Hanley, Sask.

- | | |
|----------------------------------|------------------------------------|
| 1 package dry yeast | $\frac{1}{2}$ cup shortening |
| $\frac{1}{2}$ cup lukewarm water | 2 well-beaten eggs |
| 1 teaspoon white sugar | 1 teaspoon vanilla |
| $\frac{1}{2}$ cups milk | 2 cups whole-wheat flour |
| $\frac{1}{2}$ cup liquid honey | Bread flour for a stiff dough |
| $\frac{1}{2}$ cup white sugar | (approximately $\frac{1}{2}$ cups) |
| $\frac{1}{2}$ teaspoons salt | |

Dissolve yeast in lukewarm water. Add 1 teaspoon sugar and let stand 10 minutes. Scald milk and add shortening, sugar, honey and salt. Cool mixture to lukewarm. Combine milk and yeast mixtures. Add eggs and vanilla. Stir in 2 cups white flour (sifted) and beat until smooth. Add 2 cups whole-wheat flour and enough more white flour to make a dough that will handle easily. Knead lightly on floured board until smooth and elastic. Place in greased bowl. Cover with a damp cloth. Set in a warm place to rise to double in bulk. Punch down dough. Then roll to $\frac{1}{2}$ inch thick on floured board and cut with doughnut cutter. Let rise again and fry in deep hot fat (375 to 400 deg. F.). Turn doughnuts as soon as they rise in the hot grease and continue turning till they are browned. Drain on absorbent paper and while still hot dip in warm Honey-Dip mixture and set on a cake rack to cool. Yields 3 or 4 dozen.

HONEY DIP

Combine $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup liquid honey, $\frac{1}{2}$ cup white sugar and $\frac{1}{2}$ cup milk in saucepan. Stir and let boil for 1 minute. Cool to lukewarm and add 1 cup icing sugar, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla and 1 teaspoon cinnamon.

THREE-IN-ONE PARTY ROLLS

Mrs. R. Newport, Toronto



- | | |
|-------------------------------------|-----------------------------|
| 1 package dry yeast | 2 beaten eggs |
| 2 cups lukewarm water | 4 cups unsifted bread flour |
| $\frac{1}{2}$ cup sugar | 1 cup whole-wheat flour |
| $\frac{1}{2}$ teaspoons salt | 1 cup yellow corn meal |
| $\frac{1}{2}$ cup melted shortening | |

Soften yeast in lukewarm water, add sugar, salt, shortening and eggs. Add 3 cups of the bread flour. Beat well. Divide into three equal parts. Add 1 cup bread flour to the first part. Knead until smooth on lightly floured board. Add whole-wheat flour to second part; knead until smooth. Add

corn meal to the third part; knead until smooth. Place in separate bowls, grease tops of dough, cover and let rise until doubled in bulk. Punch down and let rise again. Shape into small balls and put 3 different balls of dough in greased muffin tins. Cover and let rise in bulk. Brush with salad oil. Bake in hot oven for 15 minutes at 425 deg. F. Yields 2 dozen or more rolls.

SOUR CREAM TWISTS

Mrs. V. E. Ploshynsky, Ethelbert, Man.

- | | |
|-----------------------------------|--|
| 1 package dry yeast | $\frac{3}{4}$ cup sour cream |
| $\frac{1}{4}$ cup lukewarm water | 2 eggs, well beaten |
| 1 cup butter or margarine | 1 teaspoon vanilla |
| 4 cups unsifted all-purpose flour | $\frac{1}{2}$ teaspoon grated lemon rind |
| 1 teaspoon salt | $1\frac{3}{4}$ cups granulated sugar |

Dissolve yeast in water. Cut butter into flour and salt with a blender. Add dissolved yeast, sour cream, eggs, vanilla and lemon rind. Combine thoroughly. Cover with a damp cloth and refrigerate for two hours or overnight. Roll half the dough out on a well-sugared board (use $\frac{3}{4}$ cup) into a rectangle 8 x 16 inches. Fold ends toward centre and sprinkle with 1 tablespoon sugar. Repeat rolling and sprinkling twice. Roll about $\frac{1}{4}$ inch thick and cut into strips 1 x 4 inches. Twist ends in opposite directions, stretching dough slightly. Place in shape of horseshoes on greased cookie sheets. Repeat with remaining dough. Cover and let rise until doubled in bulk. Bake at 400 deg. F. about 15 minutes. Remove from pans immediately. Makes 5 dozen twists.

CHEESE BREAD

Mrs. Elsie Thornley, Vancouver



- | | |
|----------------------------------|--|
| $\frac{1}{2}$ cup lukewarm water | 2 teaspoons salt |
| 1 teaspoon sugar | 1 cup milk |
| 1 package dry yeast | 1 cup grated sharp cheese |
| 2 tablespoons butter | 1 5-ounce can drained pimento, chopped |
| 3 tablespoons all-purpose flour | $\frac{3}{2}$ to 4 cups sifted bread flour |
| 1 tablespoon sugar | |

Sprinkle yeast over lukewarm water and add 1 teaspoon sugar. Let stand until dissolved. Melt butter in a saucepan. Add 3 tablespoons all-purpose flour. Stir till blended. Add 1 tablespoon sugar, salt and milk and cook until thick and smooth. Stir in cheese and pimento. When cheese is melted, cool sauce to lukewarm. Add the yeast mixture and the bread flour to form a stiff dough. Knead on well-floured board until smooth. Let rise in a greased bowl, covered with a damp cloth until doubled in bulk. Punch down and let rise again. Knead slightly and shape into two loaves. Place in greased 7 x 4-inch loaf pan. Let rise again and bake at 375 deg. F. for 40 to 50 minutes.

APRICOT BREAD

Mrs. G. B. Payzant, Sackville, N.B.

- | | |
|------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup dried apricots | 1 cup sugar |
| 1 large orange | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup seedless raisins | $\frac{1}{2}$ cup chopped nuts |
| 2 cups all-purpose flour, unsifted | 1 well-beaten egg |
| 2 teaspoons baking powder | 2 tablespoons melted shortening |
| $\frac{1}{2}$ teaspoon baking soda | 1 teaspoon vanilla |

Cover apricots with water, soak $\frac{1}{2}$ hour, drain. Squeeze juice from orange, reserve peel. Add enough boiling water to juice to make 1 cup liquid. Chop apricots, orange peel and raisins in food chopper. Sift dry ingredients over the fruit. Mix well. Add juice and water, egg, shortening and vanilla. Bake in greased loaf pan (about 9 x 5 x 3 inches) at 350 deg. F. for 50 minutes or until a straw inserted comes out dry.



WHOLE-WHEAT POPOVERS

Mrs. J. M. Brown, Winnipeg

- | | |
|--|---|
| $\frac{2}{3}$ cup whole-wheat flour | 2 eggs |
| $\frac{1}{3}$ cup sifted all-purpose flour | $\frac{3}{4}$ cup plus 2 tablespoons milk |
| $\frac{1}{4}$ teaspoon salt | 1 tablespoon melted margarine |

Grease heavy dark muffin pans or glass custard cups and heat for a few minutes in a 425 deg. F. oven. Sift dry ingredients. Beat eggs until thick. Add milk and melted margarine to eggs. Slowly stir liquid into dry ingredients and beat only until well blended. Fill heated muffin pans $\frac{1}{3}$ full. Bake in hot oven 450 deg. F. for 20 minutes. Reduce heat to 350 deg. F. and bake 10 to 15 minutes longer. Remove from pans immediately and puncture to allow steam to escape. Makes 8 to 10 light and fluffy popovers.



BARM BRAC

Mrs. T. E. Guy, West Vancouver

- | | |
|--------------------------------------|---------------------------------|
| 1 cup hot strong tea | 1 egg, beaten |
| $\frac{1}{2}$ cup chopped dates | 2 cups sifted all-purpose flour |
| $\frac{1}{2}$ cup chopped mixed peel | 1 teaspoon baking powder |
| 1 cup washed raisins | $\frac{1}{4}$ teaspoon soda |
| 1 cup brown sugar | $\frac{1}{4}$ teaspoon salt |

Pour tea over fruit and sugar and let stand overnight. Next morning stir in egg, then flour, baking powder, soda and salt sifted together. Turn into greased loaf pan and bake in slow oven (300 deg. F.) for $1\frac{1}{2}$ hours. Turn onto wire rack to cool. To serve, slice and butter.

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VALENTINE SURPRISE

- 1 package Strawberry Jell-O
- 1 1/4 cups hot water
- 1 package frozen strawberries

Dissolve Jell-O in hot water. Add frozen block of fruit; stir gently until fruit is completely separated. Beat with an egg beater for one full minute. Pour into individual sherbet glasses. Chill until firm. Serve garnished with whipped cream and a candy heart. Makes 7 servings.

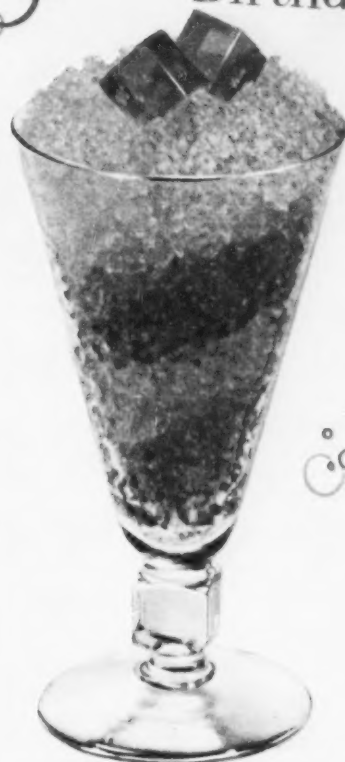


Erin Forever

ST. PATRICK'S PARFAIT

- 1 pkg. Lime Jell-O
- 1 cup cold water
- 1 cup hot water
- 1/2 cup whipping cream

Dissolve Jell-O in hot water. Add cold water. Chill until slightly thickened. Set aside a scant 1/2 cup of Jell-O for topping. With remaining Jell-O, fill parfait glasses about 3/4 full. Chill until firm. Meanwhile, whip cream; fold into the 1/2 cup slightly-thickened Jell-O. Pile lightly into glasses. Chill. Garnish each with a candy shamrock. Makes 4 or 5 servings.



BIRTHDAY FROSTED RAINBOW

Especially colorful for children's parties — and makes up to 10 servings! Prepare Grape and Orange Jell-O separately, according to package directions. Chill each flavor in shallow pan. When firm, save a 3/4-inch strip of Grape Jell-O to cut in cubes for garnish. Run fork through remaining Jell-O, breaking into bits or flakes . . . or force through large-meshed strainer or potato ricer. Layer the two flavors alternately in tall glasses. Top with cubes of Jell-O. Makes 8 to 10 servings.

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MEAT AND FISH



★ First Prize \$25

LEMON FISH STEAKS

Mrs. Gus Retzer, Lumsden, Sask.

- | | |
|----------------------------|-----------------------------|
| 6 salmon or halibut steaks | ¼ cup lemon juice |
| ¼ teaspoon salt | 3 tablespoons melted butter |
| ⅛ teaspoon pepper | ⅓ cup sliced green onions |
| 2 thinly sliced lemons | 1 cup sour cream |

Wipe the fish steaks and sprinkle with salt and pepper. Line a greased baking dish with thinly sliced lemons. Arrange fish steaks over the lemon and pour the lemon juice and butter over them. Sprinkle with onions. Bake in 400 deg. F. oven for 15 minutes. Spread with sour cream and return to the oven for 10 minutes. Top with additional green onions and serve with shoestring potatoes. Garnish, if desired. Serves 6.

ROAST OF SPARERIBS

Mrs. Gladys M. Smith, Dryden, Ont.

- | | |
|----------------------------------|-----------------------------|
| 2 strips spareribs or beef ribs, | 3 tablespoons butter or fat |
| each 8 to 12 inches long | 1 teaspoon sage or savory |
| 3 cups boiled wild rice | 1 teaspoon salt |
| 1 minced carrot | ¼ teaspoon pepper |
| 1 minced medium onion | |

Wipe meat with cold damp cloth. Overlap the ends and place in a baking dish to form a crown. Tie with cord. Mix remaining ingredients together and pack in the centre cavity. Bake in medium oven (about 350 deg. F.) for 1½ to 2 hours. Serves 6 to 8.

PORK CHOP AND POTATO CASSEROLE

Mr. Walter Moody, Thamesville, Ont.

- | | |
|-------------------------------|-----------------------------------|
| 6 cups sliced peeled potatoes | ⅓ cup diced green pepper |
| 1 teaspoon salt | 2 tablespoons diced pimento |
| ⅓ teaspoon pepper | 3 tablespoons butter or margarine |
| 3 tablespoons flour | 3 cups milk |
| 1 large onion, sliced | 6 loin pork chops |

Place half the potatoes in a 2½- to 3-quart casserole. Sprinkle with half the salt, pepper, flour and onion slices and green pepper and pimento. Dot with half the butter. Then repeat. Add sufficient milk so it can be seen through the top slices. Sprinkle pork chops with salt, pepper and dry mustard. Place on top of potatoes. Cook in a 350 deg. F. oven for 1¼ to 1½ hours. Makes 6 servings.



SCALLOPS A LA KING

Mrs. A. M. Gibson, Round Hill, N.S.

- | | |
|---------------------------------------|------------------------------|
| ½ cup mushrooms, sliced | 1 tablespoon chopped parsley |
| 2 pounds halved or quartered scallops | ¼ teaspoon paprika |
| 2½ tablespoons butter | ½ teaspoon salt |
| 1 chopped onion | ½ teaspoon pepper |
| 1 cup cream or evaporated milk | 3 egg yolks |
| 2 tablespoons cornstarch | 2 teaspoons lemon juice |

Sauté mushrooms in small amount of butter until tender. Cover scallops with water or equal parts water and dry white wine. Boil for 4 minutes. Drain but save liquid. Melt 2½ tablespoons butter in skillet over moderate heat and sauté onion until tender. Add liquid drained from scallops and cornstarch blended with half the cream. Cook until thick and smooth. Add scallops and mushrooms, parsley, paprika, salt and pepper. Bring to a boil and stir in egg yolks mixed with remaining cream. Lower heat and cook 3 minutes. Add lemon juice and serve on toast squares or in pâté shells.



SUCCULENT STEW

Mrs. M. S. Ellenzweig, Hamilton

- | | |
|---------------------------------|---------------------------------------|
| 1½ pounds lean stewing beef | ½ teaspoon black pepper |
| ¼ cup fat (preferably beef fat) | Dash each of thyme, marjoram, paprika |
| 1 cup all-purpose flour | 2 bay leaves |
| 1 can condensed tomato soup | 2 teaspoons caraway seeds |
| 1½ cups stale coffee | 1 large cooking onion, chopped |
| 1 clove garlic, minced | |
| 1½ teaspoons salt | |

Melt fat in Dutch oven or deep saucepan and while it is heating, cut stewing beef into bite-size chunks. Drop a handful at a time into a small brown paper bag containing the flour. Shake until meat is thoroughly coated with flour. Repeat until all the beef is floured. Drop meat into hot fat. Brown thoroughly on all sides. When meat is well browned, drain off excess fat. Add half can of tomato soup, half the coffee and garlic, salt, black pepper, thyme, marjoram, paprika, bay leaves and caraway seeds. Replace cover of Dutch oven. Allow to cook slowly, turning now and then to prevent sticking, and add a little water if necessary. When almost tender add the onion and remaining soup and coffee. Simmer 1 hour longer. Taste for seasoning. Serve stew piping hot in a casserole with fluffy rice or mashed potatoes. Serves 5 to 6.

OLD-FASHIONED TOURTIERE

Mrs. Aline Byers, Goose Bay

- | | |
|-----------------------------|--|
| 1 pound lean ground pork | Pinch pure ground black pepper |
| ½ pound ground veal | 1 tablespoon mixed herbs: parsley, thyme, sage, rosemary |
| 1 small onion, chopped fine | Dash of monosodium glutamate (optional) |
| ¾ tablespoon shortening | 1 recipe of rich plain pastry |
| ⅓ cup warm water | |
| 1 teaspoon salt | |

Sauté onion lightly in fat, then add meat to which the seasoning has been added. Also add water. Cook slowly till meat is done—about 25 minutes. Cool. Line a pie plate with half the pastry. Sprinkle lightly with flour, add meat, then top with the other half of the pastry. Put into a hot oven (400 deg. F.) for about 10 minutes, then reduce heat to 350 deg. F. and continue cooking for about 30 minutes.



KASH MASH

Mrs. Remie Jastremski, La Macaza, Que.

- | | |
|-------------------------|-------------------------------|
| 1 pound ground beef | 1 can boiling water |
| 1 medium-sized onion | ½ cup uncooked rice |
| ½ sweet pimento | ⅓ teaspoon pepper |
| 6 tablespoons bacon fat | 1 teaspoon salt |
| 1 can vegetable soup | 1 sprig fresh dill (optional) |

Brown onions and pimento in the fat. Add ground beef all at once, mix thoroughly until meat is brown. Add remaining ingredients in the order given. Cover tightly and simmer on low heat for half an hour. Serves 6.

CHICKEN SAVORY PIE

Mrs. I. Brown, Granthams Landing, B.C.

- | | |
|-----------------------------------|-----------------------------|
| 1 boiling fowl (5 pounds) | 2 tablespoons onion |
| Water to cover | 3 cups day-old bread crumbs |
| 2 teaspoons salt | ½ cup chopped celery |
| 4 tablespoons butter or margarine | ¼ cup chopped onion |
| 6 tablespoons flour | 2 teaspoons savory |
| 1 cup milk or cream | 1 cup mashed potato |
| 2½ cups chicken stock | 1 teaspoon salt |
| 1 cup drained button mushrooms | ½ teaspoon pepper |
| ½ cup diced green pepper | ¼ cup milk |

Cut boiling fowl in serving-size pieces. Cover with warm water. Add salt and simmer slowly until tender. Drain chicken, remove some of the bones and reserve liquid. Skim fat from top. Melt butter in a saucepan, add flour and stir in milk, then chicken stock. Season to taste. Add mushrooms, green pepper and 2 tablespoons onion. Set aside. Combine bread crumbs with celery, ¼ cup onion, savory, potato, salt, pepper and milk. Spread this dressing in a large greased bake dish. Place chicken in one layer on top and cover with mushroom sauce mixture. Make a soft biscuit dough with 2 cups sifted bread flour, 4 teaspoons baking powder, ¾ teaspoon salt, 5 tablespoons shortening, 2 tablespoons chopped parsley and ¾ cup milk. Pat dough out to fit top of bake pan. Place dough over chicken. Prick with a fork and bake at 450 deg. F. for 15 minutes. Reduce heat to 350 deg. F. and continue to bake for 10 minutes. Serves 7 or 8.

CAKES AND COOKIES



★ First Prize \$25

FRUIT NUT TORTE

Mrs. Donald Gilboe, South Windsor, Ont.

- | | |
|-----------------------------|----------------------|
| 1 cup navy beans | 1 cup ground walnuts |
| 6 egg yolks | 6 egg whites |
| 1 cup fine granulated sugar | ¼ teaspoon salt |

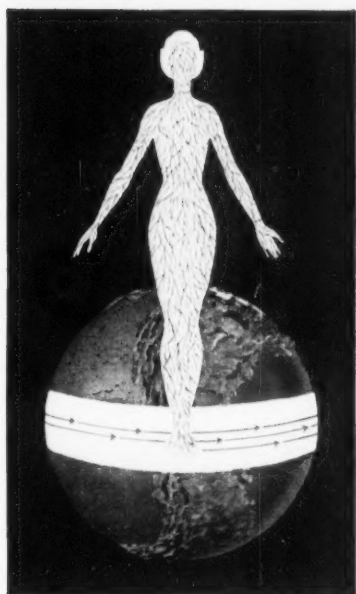
Cook beans until very soft. Drain while hot. Press pulp through a fine sieve. Measure and cool. Beat egg yolks until very thick, add sugar gradually and continue beating until thick and lemon-colored. Fold in bean pulp and 1 cup ground walnuts, mixing well; beat egg whites with salt until stiff and fold in. Turn into two well-greased and floured 8-inch cake pans and bake 25 to 30 minutes at 350 deg. F. When cool fill and frost with ½ pint sweetened whipped cream to which ½ cup diced drained canned peaches and ¼ cup drained chopped cherries have been added. For variety and a larger cake, 1 layer of plain sponge cake may be used as the middle layer. Cake is very moist and rich.

LEATHER BACKS

Mrs. Howard Schurman, Central Bedeque, P.E.I.

Heat 1 cup dark molasses to lukewarm. Add ¾ cup firmly packed brown sugar, 1 teaspoon vinegar, 1 well-beaten egg, and 2 1/3 cups unsifted all-purpose flour to which has been added 2 teaspoons soda, ½ teaspoon salt, 1 teaspoon ginger and 1 teaspoon cinnamon. Drop by heaping teaspoonfuls on cooking sheet leaving plenty of space to spread. Bake in a moderate oven 350 deg. F. for 10 to 12 minutes. Makes about 3 dozen. A good cookie for children and folk on a no-fat diet. Note: For a milder flavor use light table molasses.

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IN 4 QUART AND 12 QUART PACKAGES

CAKES AND COOKIES



LITTLE SUGAR HATS

Mrs. F. G. Murray, Lancaster, N.B.

6 tablespoons soft butter	1¼ cups sifted all-purpose flour
½ cup fine white sugar	½ teaspoon baking powder
1 egg yolk	¼ teaspoon salt
2 tablespoons milk	⅓ cup finely chopped citron

Cream butter, sugar, egg yolk and milk together. Add sifted dry ingredients, then citron. Chill dough. Roll out to ⅛-inch thickness and cut with 2-inch cookie cutter. Place on a greased baking sheet about 1 inch apart. Heap 1 teaspoon Meringue Frosting in the centre of each round of dough to make cookies look like little hats. Bake at 350 deg. F. for 10 to 12 minutes or until lightly browned.

MERINGUE FROSTING

Beat 1 egg white until frothy. Gradually add 1½ cups sifted icing sugar and continue to beat until mixture holds its shape. Stir in ½ cup finely chopped toasted almonds.

VINARTERTA

Miss S. O. Johnson, Wynyard, Sask.

1 cup butter or margarine	½ teaspoon almond extract
1¼ cups fine granulated sugar	1 teaspoon grated lemon rind
2 well-beaten eggs	2½ cups sifted bread flour
⅓ cup sweet milk	3 teaspoons baking powder
½ teaspoon vanilla	¼ teaspoon salt

Cream butter and sugar together until fluffy. Add eggs, milk and flavorings. Stir in sifted dry ingredients. Divide mixture into 6 equal parts. Set wax-paper circles in the bottom of 6 greased 8- or 9-inch layer-cake pans. Spread 1/6 the batter evenly in the bottom of each pan. Bake at 350 deg. F. for 20 to 25 minutes or until light golden in color. Cool slightly. Turn out and remove wax paper. Spread each layer with Prune Filling and put layers together. Press lightly together and store in an airtight container for 2 or 3 days, to ensure moist cake. Spread with Vinarterta Icing and decorate with colored blanching almonds formed as daisies.

Note: Use 2 layer-cake pans if 6 are not available. Repeat baking in them until 6 layers are baked.

PRUNE FILLING

Cook 1½ pounds prunes in 2 cups of water slowly until prunes are very soft. Cool. Remove prunes from juice and stone. Mash prunes with a fork and return to the juice. Add 1½ cups sugar, 1 teaspoon ground cardamom seed and 2 tablespoons lemon juice. Reheat to the boil and cook for a few minutes or until thick.

VINARTERTA FROSTING

Place ¾ cup sugar, 1 egg white, 3 tablespoons water, ⅛ teaspoon salt and 1 teaspoon honey or corn syrup in the top of a double boiler. Set over hot water and beat until mixture holds its shape. Add ½ teaspoon vanilla and frost top of cake.

CHOCO-PRUNE BARS

Mrs. James Wright, Kirkland Lake

1 cup pitted cooked prunes	¼ teaspoon nutmeg
⅓ cup granulated sugar	½ cup soft shortening
¼ cup water	1½ cups uncooked rolled oats
¼ cup orange juice	1 tablespoon grated orange rind
1 cup sifted all-purpose flour	1 cup semisweet chocolate bits
1 cup brown sugar	¼ cup milk
½ teaspoon salt	

Combine the first 4 ingredients and cook in a saucepan until mixture thickens (about 10 minutes). Place the flour, sugar, salt and nutmeg in a bowl and cut in the shortening until like coarse meal. Add oats, rind, chocolate bits and milk. Mix lightly. Pack half of oat mixture into a greased 8 x 8-inch pan. Cover with prune filling and evenly spread remaining oat mixture over the top. Press down well and bake at 325 deg. F. for 50 to 55 minutes. Cool and cut in bars. For thinner bars use 8 x 10-inch pan and bake at 350 deg. F. for 35 to 40 minutes.

SCOTCH TOFFEE BARS

Mrs. C. Pink, London, Ont.

¼ cup melted butter	¼ cup corn syrup
2 cups quick oats	1½ teaspoons vanilla
½ teaspoon salt	1 cup chocolate chips
½ cup brown sugar	½ cup chopped walnuts

Combine butter and oats. Add salt, sugar, syrup and vanilla. Pack very firmly in shallow greased 7 x 11-inch pan. Bake at 400 deg. F. for 12 minutes. Be careful not to overbake, or mixture will get too hard. Remove from oven, sprinkle with 1 cup chocolate chips. Put in oven about 5 minutes to melt chips. Spread evenly and sprinkle with ½ cup nuts. Cut in bars at once. Place in refrigerator to harden. Yields 48 bars.

DATE AND MARMALADE CAKES

Mrs. E. J. Pope, Barrie, Ont.

3 tablespoons shortening
2½ cup white sugar
1 teaspoon lemon juice
2 eggs
3 tablespoons milk
3 tablespoons orange marmalade (the thick part)
1¼ cups sifted all-purpose flour on
1½ cups pastry flour
¼ teaspoon soda
½ teaspoon baking powder
¼ teaspoon salt
1½ cups chopped dates
1 cup rolled oats

Cream shortening, and add sugar, lemon juice, beaten eggs, milk and marmalade. Sift flour and add baking powder, soda and salt. Resift it over the shortening and egg mixture. Stir well, add dates and then work in rolled oats. Drop on greased cookie sheet, 1 inch apart. Bake 12 to 15 minutes at 350 deg. F. Ice when cold.

ICING

Cream 1 tablespoon butter with 1 tablespoon icing sugar. Add 1 tablespoon milk. Add sifted icing sugar for spreading consistency. Beat till fluffy. Add a pinch of salt.

PATIO CAKE

Mrs. Bert Lewis, Port Arthur
(a moist, well-spiced cake)

1½ cups sifted all-purpose flour
2 teaspoons double-acting baking powder
½ teaspoon soda
½ teaspoon salt
½ teaspoon allspice
½ teaspoon cloves
½ teaspoon cinnamon
½ cup shortening
1 cup granulated sugar
½ cup creamed cottage cheese
1 teaspoon vanilla
3 eggs
½ cup cold strong black coffee
½ cup chopped walnuts
Coconut

Sift dry ingredients together. Cream shortening and sugar thoroughly. Add cottage cheese and vanilla. Add eggs, one at a time, beating after each addition. Add dry ingredients alternately with coffee. Fold in nuts. Spoon into greased 8 x 8-inch cake pan. Sprinkle with coconut. Bake in moderate oven 350 deg. F. for 40 to 50 minutes, or until done. Cool, and frost with icing.

ICING
Combine 1/3 cup butter and 1 cup brown sugar in saucepan. Stir over low heat until butter melts. Add ¼ cup milk. Simmer 3 minutes. Cool 10 minutes. Stir in about 1 cup sifted icing sugar.

DESSERTS



First Prize \$25

PEACH KUCHEN

Mrs. Laura Wolfenden, Taber, Alta.

2 cups unsifted all-purpose flour
¼ teaspoon baking powder
½ teaspoon salt
1 cup fine granulated sugar
½ cup butter or margarine
12 peach halves (fresh or canned)
1 teaspoon cinnamon
2 egg yolks
1 cup sour cream
1 teaspoon vanilla

Sift flour, baking powder, salt and 2 tablespoons sugar together. Work in butter until mixture resembles corn meal. Spread in bottom of ungreased 8-inch-square pan pressing mixture ½ inch up sides. Place peach halves over



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by

Arthur G. G. G. G.

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*T. M., REG'D.

DESSERTS

mixture evenly spaced. Sprinkle with cinnamon and remaining sugar and bake 20 minutes at 350 deg. F. Mix egg yolks, cream and vanilla together and pour over Kuchen. Bake 30 to 35 minutes longer and serve warm or cold. Garnish with sliced peaches and coconut. Serves 6.



STRAWBERRY CHEESE PIE

Mrs. John Wohlfarth,
Melville, Sask.

1 cup sifted
all-purpose flour
1/4 cup granulated
sugar
1 teaspoon grated
lemon rind
1/2 cup butter or
margarine, cut in
pieces
1 egg yolk
1/4 teaspoon vanilla
extract
2 8-ounce packages
soft cream cheese
1 cup granulated
sugar

1 1/2 tablespoons flour
1/8 teaspoon salt
1/2 teaspoon grated
orange and lemon
rinds
2 eggs, unbeaten
1 egg white
2 tablespoons heavy
cream or evaporated
milk
1/4 teaspoon vanilla
1 quart washed,
hulled strawberries
3/4 cup currant
jelly, melted

CRUST

Mix first 6 ingredients and with back of spoon press dough over bottom and sides of 10-inch pie plate (not on rim). Refrigerate 2 hours or overnight. Heat oven to 400 deg. F. Prick shell with fork, bake 7 minutes, then cool. Increase oven heat to 450 deg. F.

FILLING

Beat cheese until fluffy. Add sugar, flour, salt, and rinds. Beat well and add eggs and egg white, one at a time, then cream and vanilla. Pour into baked shell. Bake at 450 deg. F. for 7 minutes, then reduce heat to 250 deg. F. and bake 20 to 30 minutes more. Cool. Arrange strawberries over pie and spoon cooled melted jelly over berries.



SHERRY CHIFFON PIE

Mrs. R. H. Johnston,
Windsor

Dash of salt
3 egg yolks
1/2 cup sugar
2/3 cup sherry
2 teaspoons un-
flavored gelatine
1/4 cup cold water

1/4 cup granulated
sugar
3 stiffly beaten egg
whites
3/4 cup heavy cream,
whipped

Add salt to egg yolks, beat until thick. Add 1/3 cup sugar and sherry and beat well. Cook in double boiler until mixture coats spoon; remove from heat. Soften gelatine in cold water; add to hot mixture. Chill until partially set. Slowly beat 1/4 cup sugar into egg whites. Fold into custard and pour into crumb crust. Chill until set. Spread with whipped cream.

CRUMB CRUST

Mix well 1 1/2 cups crumbs (we like 1 cup graham cracker crumbs and 1/2 cup crushed corn flakes), 1/3 cup su-

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STEP 1—Soften 2 tsp. plain un-flavored gelatin in 1/2 cup cold water...use a small heat-proof dish; melt gelatin over boiling water. Brush a mold (6-cup size is just right) with salad oil or rinse it with cold water.



STEP 2—Measure 1/2 cup mayonnaise into a mixing bowl. Gradually stir in 1 large can evaporated milk, 2 tsp. lemon juice, 1 tsp. salt and 1/4 tsp. pepper. Add the melted gelatin and combine well. Chill until just beginning to set.



STEP 3—Fold in 2 cups diced cooked chicken, 1 cup sliced celery, 1/4 cup chopped parsley, 1/2 cup toasted sliced blanched almonds, 1 cup drained canned crushed pineapple. Turn into mold. Chill. Garnish with cranberry jelly shapes.

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gar and ½ cup melted butter or margarine. Press firmly in 9-inch pie plate. Chill about an hour before putting in the custard mixture.

PINEAPPLE-CREAM CHEESE PIE

Mrs. Cora Adams, Cardinal, Ont.

Prepare 9-inch unbaked pastry shell. Blend 1/3 cup sugar with 1 tablespoon cornstarch. Add 1 cup crushed pineapple (not drained) and 1 teaspoon grated orange rind and cook, stirring constantly until thick and clear. Cool. Combine ½-pound package cream cheese with ½ cup sugar and ½ teaspoon salt. Blend smooth. Add 2 eggs stirring well after each is added. Blend in ½ cup milk and ½ teaspoon vanilla. Spread cooled pineapple mixture in unbaked shell. Pour on cream-cheese mixture and sprinkle with ¼ cup chopped pecans. Bake in hot oven 400 deg. F. for 10 minutes. Reduce heat to 325 deg. F. and bake 40 minutes. Cool. Serves 7 or 8.



POPPY SEED STRUDEL

Mrs. A. Trautwein, Blackfalds, Alta.

DOUGH
1 cup all-purpose flour
½ cup warm water

1 tablespoon soft butter
½ teaspoon salt

FILLING
1½ cups thick sour cream
¾ cup poppy seeds

1 cup washed raisins
1 cup white sugar
1½ teaspoons grated orange rind

Add salt and butter to warm water, stir in flour. Take dough from bowl and put on floured pastry board. Knead 15 minutes or until dough is smooth and elastic. Roll out to about 12 inches in diameter and spread dough with soft butter. Leave dough for 25 minutes. Place large tea towel (36 x 36 inches) on a table and sprinkle with flour using sifter. Set dough on towel and carefully stretch and pull until paper thin and about 2½ feet square. Spread sour cream over entire dough, sprinkle with poppy seeds, then raisins, sugar and orange rind. Take two corners of towel nearest to you and raise it gently allowing about 3 inches of edge to fold over the dough. Continue to raise towel so dough rolls up loosely. Place strudel on the large greased cookie sheet in horseshoe shape or cut in half and set pieces side by side. Bake in 350 deg. F. oven 40 to 45 minutes, brushing with cream every 15 minutes. Cut into serving-size pieces and serve warm. Serves 6.

MERINGUED TOPSY-TURVIES

Mrs. N. W. Webb, Windsor

Preheat oven to 375 deg. F. Grease 6 baking dishes (6-ounce size). Peel and halve 3 fresh peaches or use 6 canned peach halves. Place a half peach in each baking dish, cut-side down; sprinkle 1 teaspoon sugar on each peach half and dot with 1 teaspoon butter. Sift together into a mixing bowl: 1 cup sifted cake flour, 1½ teaspoons baking powder, ¼ teaspoon salt. Stir in 1 cup fine granulated sugar. Cut in finely 3 tablespoons chilled shortening. Combine 2 egg yolks, beaten, ¼ cup milk, ½ tea-

spoon grated lemon rind. Make a well in flour mixture and pour in liquids; mix lightly but completely. Pour batter over peaches. Bake in preheated oven 20 to 25 minutes. Beat until stiff but not dry 2 egg whites, few grains salt, and gradually add ¼ cup granulated sugar, ¼ teaspoon vanilla. Fold in 2 tablespoons coconut, 2 tablespoons chopped nuts. Turn puddings onto a cookie sheet. Lower heat to 300 deg. F. Spread with meringue and bake about 15 minutes.



EGG-NOG TARTS

Mrs. Helen Marquis, Wild Rose, Sask.

1 tablespoon plain gelatine
¼ cup cold water
1½ cups milk
2 tablespoons sugar
2 egg yolks

¼ teaspoon salt
1 teaspoon rum flavoring
2 egg whites
¼ cup sugar
½ teaspoon nutmeg

Sprinkle gelatine over cold water. Heat milk and add 2 tablespoons sugar and gelatine. Stir until dissolved. Beat egg yolks until stiff and lemon-colored. Add salt and rum flavoring and stir into milk mixture. Chill until thickened. Beat egg whites until stiff but not dry and fold in ¼ cup sugar and nutmeg. Fold into partially thickened gelatine mixture. Pour into baked tart shells. Place in a cool place to set. A teaspoon of jam may be placed in tart shells before filling.

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*Everyone tastes the difference
in a dessert you make yourself*

MAGIC MOCHA PUDDING (Self-sauced with Chocolate)

- 3 ounces (3 squares) unsweetened chocolate
- 1½ tbsps. corn starch
- 2 cups fine granulated sugar
- 2½ cups water
- 1½ cups once-sifted cake flour
- 2½ tps. Magic Baking Powder
- ½ tsp. salt
- 2 tps. powdered instant coffee
- 6 tps. butter or margarine
- 1 egg, well-beaten
- ⅓ cup milk
- ½ tsp. vanilla

Melt the chocolate in the top of double boiler. Combine the corn starch and 1½ cups of the sugar and stir into melted chocolate. Stir in water. Cook over low direct heat, stirring constantly, until sauce comes to the boil; cover and keep hot over boiling water until needed.

Grease a 6-cup casserole. Preheat oven to 350° (moderate).

Sift flour, Magic Baking Powder, salt and instant coffee together three times. Cream butter or margarine; gradually blend in remaining ½ cup sugar. Add well-beaten egg, part at a time, beating well after each addition. Measure milk and add vanilla. Add flour mixture to creamed mixture about a third at a time, alternating with two additions of milk and vanilla and combining lightly after each addition. Turn batter into prepared casserole. Pour 2 cups of hot chocolate sauce over batter. (Keep remaining sauce over hot water to serve with pudding.) Bake pudding in preheated oven about 50 minutes. Pass remaining hot sauce.

Magic costs less than 1¢ per average baking

BAKED APPLES IN ORANGE SAUCE

Mrs. James St. Onge,
Upper Charlo, N.B.

- | | |
|--------------------------------|-------------------------------|
| 6 large baking apples | ½ teaspoon cinnamon |
| ⅓ cup sifted all-purpose flour | ¼ cup water |
| ⅓ to ⅔ cup brown sugar | ½ cup orange juice |
| ¼ cup butter or margarine | ½ teaspoon grated orange rind |

Pare and core apples. Arrange in buttered baking dish. Work flour, sugar, butter and cinnamon together until crumbs are formed. Fill cavities with crumbs and place remaining crumbs over top. Add water, juice and rind. Bake in moderate oven (350 deg. F.) 1 to 1½ hours. Serves 6.

MISCELLANEOUS



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BORSCH

Mrs. F. H. Stockton,
Drumheller, Alta.

- | | |
|-------------------------------|-----------------------------------|
| 2 pounds lean spareribs | ½ cup chopped green beans or peas |
| 3 to 4 cups warm water | 1 tablespoon chopped parsley |
| 2 teaspoons salt | 1 sprig dill |
| ¼ teaspoon pepper | 1 cup chopped cabbage |
| ½ cup shredded beets | 1 tablespoon lemon juice |
| 1 medium beet (cut in strips) | 4 tablespoons flour |
| ½ cup shredded carrot | ½ cup milk |
| ¾ cup chopped onion | 1 cup sour cream |

Have spareribs cut in pieces as for "sweet and sour." Cover with warm water and simmer for 1 hour. Add beets, carrots, onion, beans or peas, parsley, dill, salt and pepper. Simmer until vegetables are tender. Add cabbage and lemon juice. Continue to cook for 20 minutes. Mix flour with milk and sour cream; add to soup and just bring to a boil. Let simmer a few minutes. Taste for seasoning and serve.

RED TOMATO PRESERVES

Fraances Long, Malagash Mine, N.S.

- | | |
|---------------------------|---------------------------------|
| 12 pounds red tomatoes | 1 can crushed pineapple |
| 6 pounds granulated sugar | 1 tablespoon ginger powder |
| | 3 oranges (put through grinder) |

Scald tomatoes and peel. Cut fine. Place all ingredients in a preserving kettle and boil gently for 2½ hours. Pour into sterilized jars.

PICKLED MUSHROOMS

Mrs. J. C. Godfrey, Lambeth, Ont.

- | | |
|-------------------------|--------------------------------|
| 12 peppercorns | 1 cup white wine vinegar |
| 1 clove garlic | 1 cup water |
| 1 teaspoon chili powder | ½ cup salad oil |
| 1 bay leaf | 2 pounds tiny button mushrooms |
| 2¼ teaspoons basil | |
| ½ teaspoon salt | |

Heat above ingredients in a saucepan and add mushrooms that have been washed and dried. Bring to a boil, then simmer for 30 minutes. Cool in liquid. Pour into sterilized jars and store in refrigerator. (Be sure mushrooms are covered with the liquid.)

CRISP CEREAL-CHEESE PUFFS

Mrs. Patricia M. Barker,
Penticton, B.C.

$3\frac{1}{2}$ cups crisp rice cereal
 $\frac{1}{2}$ pound processed cheese
 $\frac{1}{2}$ cup butter or margarine
 $\frac{1}{8}$ teaspoon cayenne
1 teaspoon horseradish
 $\frac{1}{4}$ teaspoon dry mustard
 $\frac{1}{2}$ cup unsifted all-purpose flour

Roll $1\frac{1}{2}$ cups rice cereal into fine crumbs. Blend cheese and margarine thoroughly. Work in cayenne, horseradish, mustard, flour and cereal crumbs. Chill thoroughly. Form into balls $\frac{3}{4}$ inch in diameter; roll in remaining rice cereal. Place on ungreased baking sheets. Press down lightly and bake at 450 deg. F. about 8 minutes. Serve hot. Yields 5 dozen.



PEANUT BUTTER BALLS

Mrs. Rose Marie Sperling,
Albion, B.C.

2 tablespoons butter or shortening
 $\frac{1}{2}$ cup crunchy peanut butter
 $1\frac{1}{4}$ cups powdered sugar
3 squares semi-sweet chocolate
1 tablespoon paraffin wax
1 cup finely chopped walnuts

Cream the first three ingredients together and roll into small balls. Chill. Melt chocolate and wax together in top of double boiler. Place each butter ball on a fork and dip into chocolate, then into chopped nuts. Set on a greased cookie sheet until firm.



BUTTER CRUNCH

Mrs. J. Londer,
Edmonton

2 cups blanched almonds, chopped and toasted
2 cups butter and margarine mixed
2 cups white sugar
 $\frac{1}{4}$ cup water
2 tablespoons light corn syrup
 $\frac{1}{2}$ cup desiccated coconut
2 cups semisweet chocolate bits, melted over hot water

Melt butter in a large, heavy saucepan over a low heat. Add sugar and stir until sugar dissolves. Add water and syrup. Cook until candy reaches 290 deg. F. on a candy thermometer or a few drops tested in cold water become brittle. Stir almonds into the syrup. Pour about $\frac{1}{4}$ inch thick into 2 greased 8 x 12-inch pans. When cool, spread top of brittle with thin coating of melted chocolate bits. Sprinkle with half the remaining almonds. When chocolate is firm, turn brittle on other side and repeat. Serve in pieces.

COFFEE BUTTERSCOTCH SAUCE

Mrs. George Cornwell, Brantford, Ont.

2 tablespoons instant coffee
 $\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup corn syrup
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ cup evaporated milk

Combine coffee, brown sugar, corn syrup and water and bring to a boil. Cook slowly until a little dropped in cold water forms a soft ball or until candy thermometer reads 236 deg. F. Add butter and cool slightly. Add va-



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nilla and milk. Mix well. Serve over ice cream, waffles or plain pudding.

CARNIVAL CANDY

Mrs. O. Zilkie, Yellowknife, N.W.T.

4 squares semi-sweet chocolate	$\frac{1}{2}$ cup chopped walnuts
2 tablespoons butter	$\frac{1}{2}$ cup desiccated coconut
1 egg	$\frac{1}{2}$ pound colored marshmallows (cut in small pieces)
1 cup sifted icing sugar	

Melt chocolate and butter over hot

water. Add egg and beat well. Cook 5 minutes. Remove from heat and add rest of ingredients. Shape into 2 rolls (8 to 10 inches long) on wax paper that has been sprinkled with coconut or chopped nuts. Refrigerate to harden. Slice to serve.

CALICO CANDY

Mrs. F. P. Clark, Nelson, B.C.

12 marshmallows	$\frac{3}{4}$ cup brown sugar
$1\frac{1}{2}$ cups granulated sugar	(firmly packed)
	$\frac{1}{4}$ cup milk

2 tablespoons butter or margarine $\frac{1}{4}$ cup peanut butter
1 teaspoon vanilla

Cut marshmallows in quarters and spread evenly over bottom of a buttered 8 x 8-inch pan. Boil sugars and milk together to the very soft ball stage or 234 deg. F. on the candy thermometer. Stir occasionally. Remove from heat; blend in butter, peanut butter and vanilla. Beat till thick and creamy, then quickly spread over marshmallows. ♦

PRINCESS MARGARET'S THREE CHOICES

Continued from page 13

But times have changed. The ever-increasing intensity of the royal round, and the limited number of people available to undertake the many new duties, make it virtually impossible for Margaret to be as Victoria was, even if she desired it. And she has already shown quite clearly that she does not.

There is no likelihood that Margaret, even if she remains a spinster, will retire into seclusion. Her way ahead will not be the way Princess Victoria picked. It will be busy and bustling. This makes it much more likely that she will follow in the footsteps of either Princess Mary, who married for duty, or Princess Pat, who married for love.

Princess Mary, Margaret's aunt, was twenty-five in 1922 when she married Lord Lascelles, a man fourteen years her senior. Mary had been brought up in strict seclusion by a mother who was always termed "the last of the Victorians" and a father whose abrupt, quarterdeck manner scared even his sons. She was never permitted to go to school, but was taught by her mother such domestic arts as it was thought proper for a princess to know. She was allowed to join the Girl Guides, but never permitted to go camping with them. At meetings she was allowed to appear only on the platform.

Outside the stiff, formal royal circle, she was permitted only a few hand-picked friends. Hemmed in, secluded, gradually she became shy and withdrawn.

So when Lascelles was put before her as a suitable husband, she meekly acquiesced, or perhaps she clutched at marriage as a way of escape. But it was out of the frying pan into the fire.

To her parents' way of thinking, Lascelles was a good match. He was heir to an earldom, he was rich and he came from one of Britain's great, land-owning families. But he was also dour and austere, well fitted for life among those bleak, windswept moors surrounding his ancestral home. He lived after marriage as he had lived before—a rough, tough life of hunting, shooting and stag parties—leaving his shy, meek, obedient little bride to shift for herself. While "Lucky" Lascelles went his own sweet way, Mary languished in the background of royal life, trying to drown her loneliness by carrying out an immense round of minor public functions in the North of England.

Her marriage to Lascelles was perhaps one of those her brother, the Duke of Windsor, was thinking of when he wrote: "I was determined under no circumstances to contract a loveless marriage... I had seen too many unhappy unions of this kind to wish to risk one myself."

The death of Lascelles in 1947 saw Mary re-emerge into the national eye, a shy, quiet, rather dowdy personality. But her daughters-in-law took her in hand, and in recent years, spending more time in London, reoccupying her proper position at court functions, visiting Royal Ascot, she has turned from a moth into a butterfly, emerging from her long years of comparative seclusion as a woman of considerable charm and elegance.

And it is perhaps significant that her two sons have both taken wives who were neither royal nor "county." Her elder son, George, a lover of classical music,

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married the daughter of a London music publisher. His brother, Gerald, whose taste runs to jazz rather than the classics, settled for a former showgirl-actress.

None of the others of Princess Mary's generation married for duty. Her eldest brother, the Duke of Windsor, sacrificed the throne rather than give up the woman he loved. Her youngest brother, the late Duke of Kent, was head over heels in love when he married the beautiful Princess Marina of Greece. They met at a London party, and the Duke, who had previously turned down all the eligible young things paraded before him, rushed home to say he was in love at last. It was arranged that they should meet again—at a hunting lodge in the Balkans—and within five days they were engaged. And Margaret's own father, of course, never ceased to show the love and affection he felt for the Queen Mother, the former Lady Elizabeth Bowes-Lyon.

And so we come to the story of Princess Pat, who waited until she was thirty-two rather than marry where there was no love. Finally, the princess—Princess Patricia of Connaught, niece of Edward VII, granddaughter of Queen Victoria—gave up her royal status and became simply Lady Patricia Ramsay on her marriage to the young naval officer with whom she had fallen in love. Technically a commoner, Ramsay himself was untitled, the younger son of an earl.

The love story of the princess and the naval officer of forty years ago has much about it which parallels the story of the princess and the group captain of recent times. Just as Margaret renounced Townsend, so did Princess Pat, at one stage, break off her engagement to Alexander Ramsay because of family opposition.

Pat broke the engagement

As with Margaret, there had been keen speculation as to whom Princess Pat might marry. She was, indeed, the Margaret of her generation—tall, slender, elegant, gay, fun-loving, the toast of every big London ball. In Canada when her father, the soldierly Duke of Connaught, was governor-general (from 1911 to 1916), she was soon as popular as she had been in London. At Government House balls, she danced till dawn. Visiting the western provinces, she rode astride a Mexican saddle—a very daring thing for a princess of World War I vintage. A regiment, the Princess Patricia's Light Infantry, was named after her. On a side trip to New York she was positively lionized, and reveled in it.

Her elder sister had married early—to the Crown Prince of Sweden—but Pat seemed in no hurry. Commented a magazine: "She is not the kind to be given away in marriage for state reasons or to obtain a queenly position."

Then Ramsay, a tall, good-looking naval lieutenant, was appointed aide-de-camp to her father, just as Townsend was to King George VI. It soon became clear that the two young people were very much in love. They went everywhere together, to dances, race meetings and picnics. When Ramsay went back to sea during World War I there were whispers that Princess Pat was waiting for him, as indeed she was.

Ramsay, like Townsend, became something of a war hero. When he asked her to marry him, she accepted. But there was fierce opposition from her mother and the engagement was broken off. After her mother died, the engagement was re-announced. Princess Pat was nearly thirty-



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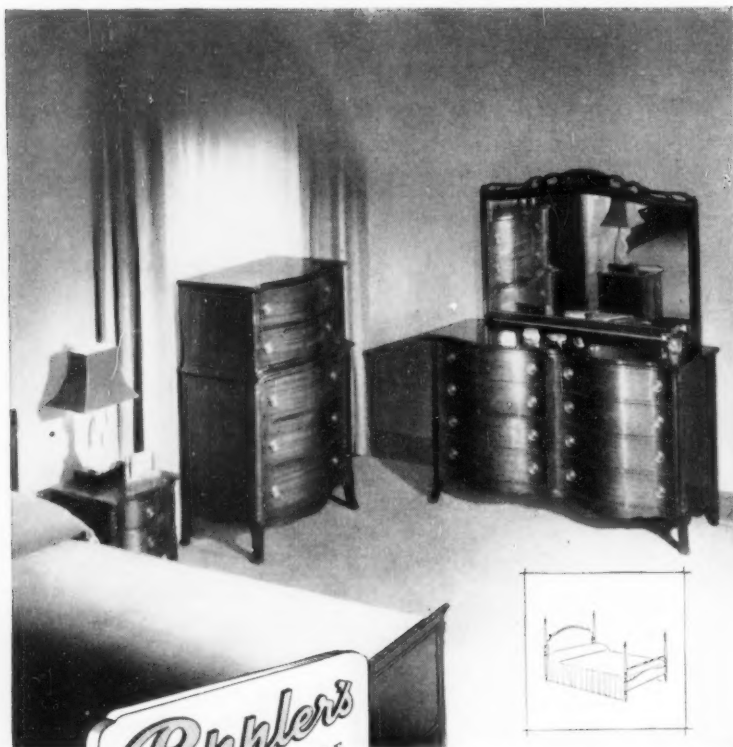
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Bertil denied the marriage rumors

three when they finally married . . . in 1919 in Westminster Abbey, with George V proposing their health at the wedding luncheon.

Today, Princess Pat and her husband live quietly in a modest little home a few miles southwest of London. She is seventy; he is seventy-five. Friends say they are still as much in love as ever.

There is, then, a precedent for Princess Margaret if she finally decides to marry a commoner. Indeed, her own mother was technically a commoner before marrying the Duke of York. The counts against Townsend were not that he is a commoner, but that he was a palace servant and a man who had been through the divorce court.

The chances are that Margaret, if she marries at all, will marry a commoner. There is little else for her to pick from. Things have changed radically since Queen Victoria sat on the throne. Of her nine children, only one did not marry into a foreign royal house.

That was Princess Louise. Strong-willed and independent-minded, as Margaret is—Louise once described her own upbringing as "deplorable" in its narrowness—she decided to marry the Marquis of Lorne, heir to the Duke of Argyll, and thus brought about the same sort of split in the royal family as Margaret caused over Townsend. Her brother, later Edward VII, was strongly opposed to the idea. But her mother supported it. "New blood will strengthen the throne," said Queen Victoria. Prime Minister Disraeli

supported it, too. The proposed marriage, he said, "seems as wise as it is romantic." So eventually Louise went through with it and seems to have lived happily enough even though she never had any children.

Since Margaret renounced Townsend, the newspapers have tried to link her name with Prince Christian of Hanover, one of international society's most eligible bachelors. Thirty-seven years old, Prince Christian stands six feet five inches, drives a rakish-looking sports car and turns out for one of Britain's crack rugby football clubs where fellow players call him Chris.

The rumor that Margaret might marry him was quickly scotched, however, by an official denial from Clarence House.

A week or so later came rumors that the man in Margaret's life was Prince Bertil of Sweden. Dark, handsome and forty-four, Bertil has captained his country at skiing and skating in the Olympic Games and likes to drive around in fast, glossy, American-built cars. This time it was the prince who denied the rumors. "They are the products of free imagination," snapped this long-time friend of Britain's eligible young princess.

And when there is no one else in view, the newspapers always fall back on Billy Wallace, the tall baby-faced son of a former British minister of transport. Wallace, whose mother is now married to U. S. author Herbert Agar, has squired Margaret around, on and off, longer than anyone else. But he denies that he was ever in the running as a royal suitor. He is "just a friend."

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If Margaret does marry, her husband need not be wealthy. She has enough for two. Her official allowance would jump from \$18,000 to \$45,000 a year on marriage and, in addition, she has money from the estates of her father and her grandmother, Queen Mary. Indeed, she is among the richest unmarried young women in the world.

At one time, immediately after the Townsend episode, it seemed possible that Margaret might follow the example of her aunt, the elegant Duchess of Kent, in retiring from court life and heading her own little group of followers in the international set. Since that tragic day when her husband kissed her good-by, backed his car out of the garage and set off on a wartime flight to Iceland which ended in charred wreckage on a Scottish heath, Marina of Kent has largely retired into obscurity. She has been content with a handful of personal friends, letting her life revolve round her three children, her only public activity a continued interest in service welfare clubs.

But Margaret, though she has often taken Marina's advice in matters of fashion, has now shown that she has no intention of copying her in this. Her recent African tour brought her fully back into the royal limelight, and there is reason to think that she now wants her sister to give her a proper job of her own. Married or single, it is clear that she intends to play her full part in public life.

Possibly part of that public life will lie in Canada. It has been suggested that Margaret be appointed governor-general, or accompany the Queen Mother here, should she be named to the post in future. Actually, a fixed appointment of this type is unlikely.

No chance of favoritism

More probably Margaret, as time goes by, will find herself acting as an unofficial British ambassador-at-large, touring the world, making long stops in all Commonwealth countries.

It has been suggested more than once that the Queen should have official residences in Canada, Australia and New Zealand where she might stay from time to time. Court officials regard the idea as impracticable. But with Margaret it becomes immediately practicable, and it is much more likely that she will divide her time among the various Commonwealth countries rather than become governor-general of any one, a step which would certainly bring forth accusations of favoritism.

The royal family has done a considerable amount of touring in recent years, but still nowhere near enough to satisfy the countries of the Commonwealth. Family ties and the London season ration the Queen and her husband in their overseas travel. Margaret is much more free to go where they cannot, and the future is likely to see her "showing the flag" all over the world much as the Duke of Windsor did in his heyday as Prince of Wales.

From Margaret's own viewpoint, this would be the ideal plan. She is a girl who thrives on change and variety. The chances are that she would soon get bored with the official and diplomatic round, whether in Canberra or Ottawa. But lift her clear of the official round, leave her free to move on from place to place, and she would be in her element . . . and that, whether she marries or not, is what is most likely to happen in the future career of Britain's eligible young princess. ♦

CELIA FRANCA, Prima Ballerina, says:

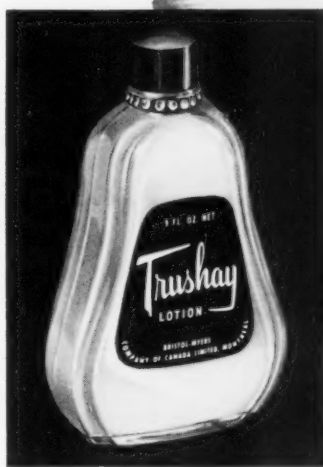
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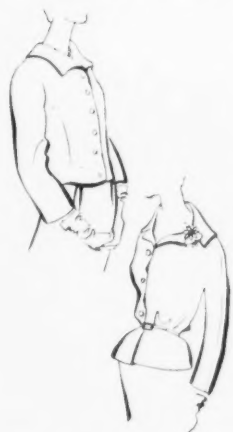


1889 cape
1229 skirt

SPRING '57

Fashion flashes this season: the versatile cape is back, suit jackets are shorter, skirts are easier

THE big news in spring coats and suits is the return of the cape. You'll see it alone, replacing a coat; as part of a suit, replacing the jacket (opposite page) or worn over the jacket. You'll see it teamed with dresses as a cape-and-dress costume. Some capes are little more than collars; others are floor-length evening wraps. Also new in suits is the short jacket reaching just to the hips. It may be semifitted—but remember, the semifitted jacket can only be done well by an expert tailor as the proportions must be just right. If in doubt have a boxy jacket the same length, a fitted one that ends at the waistline or one that is slightly longer and belted—whichever is most flattering to your figure.



Suit skirts remain slim. There are some tubular tunics with a seven-eighths-length overskirt or with a deep horizontal pleat for a tunic effect. Lots of skirts have unpressed pleats at the waistline giving new softness and roundness. But be cautious of extremes—for example, skirts with exaggerated peggtops that angle out to points each side. Try to put all the money you plan to invest in a coat or suit into fabric, cut and color. And be wary of any elaborate detail like swirls of braid, glitter. These often cover up inferior fabric and poor workmanship.

This spring . . . to spruce up an old suit, or smarten a new one, replace fancy buttons with plain, round bone ones. Replace a plastic or worn fabric belt with a narrow, calf one. Tuck a gay spring flower in belt or pocket, or pin it to collar. Suggested color schemes for all your accessories follow on page 46.



1839: The new color: mauve. The new shape: a cape . . . in buttoned, brief- and long-hooded versions. Sizes 11 to 18, 50 cents.

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CHATELAINE — FEBRUARY 1957



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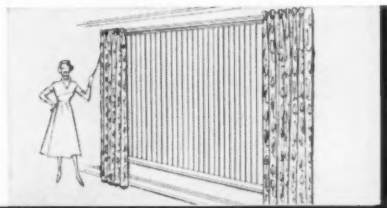
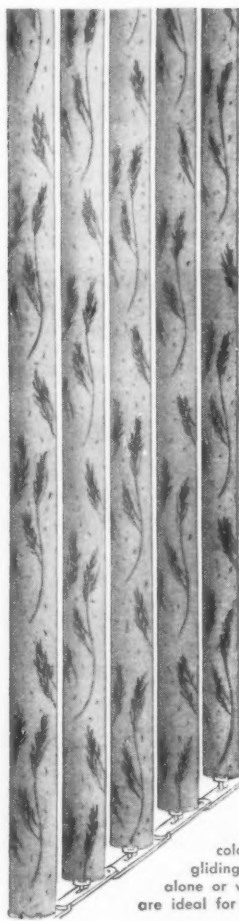
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Continued from previous page

Also new for spring

... dresses that are softer and longer, and fresh cool colors. Choose from our spring accessory color chart below

Dresses are softer. The paper-on-the-wall fit of the sheath has given way to an easier line. Bodices are often bloused and belted at the natural waistline. Below the waist, soft unpressed pleats round out the hipline while retaining the slim look. Full-skirted dresses of thin fabrics such as crepe or the very popular chiffon are no longer belled out by crinolines but fall into soft clinging folds. Last year's party dress was mid-calf length; this year's may reach to just above the ankles. And even if you're not yet ready to accept this longer line, you'll be wise to look to the hem of any new dress you buy. If at mid-calf to start with, be sure it's deep enough to allow for lengthening in case you wish to let it down a few months from now.

Spring fashion news is not only in length and line but in color too. Very much 1957 are the blue-green-and-mauve combinations, usually in print, with one other shade used as an accent color in coat, belt or shoes. Here is a spring color chart to help you plan a new outfit or lift last year's into this year's fashion scene. In the left column, your basic suit and dress colors, followed by suggested accessory shades to give each outfit that fresh, new, up-to-the-minute look.



Check your colors with this chart

Cape, suit or dress	Hat	Shoes	Purse	Gloves	Flower	Jewelry
beige	beige and white	tan	beige	white	mimosa	pearl
grey	white	grey	red	white	lily of the valley	silver and pearl
navy	emerald	navy	navy	white	violets	pearl
hyacinth	mauve	deep blue	deep blue	white	violets	white
mauve	mauve and navy	navy	navy	white	violets	pearl
yellow	coral	beige	beige	beige	lily of the valley	pearl
pink	pink and red carnation	carnation red	black and white	white	carnation	pearl
turquoise	turquoise and white	black patent	black and white	white	violets	white
red	pink and white	red	red	white	carnation	white



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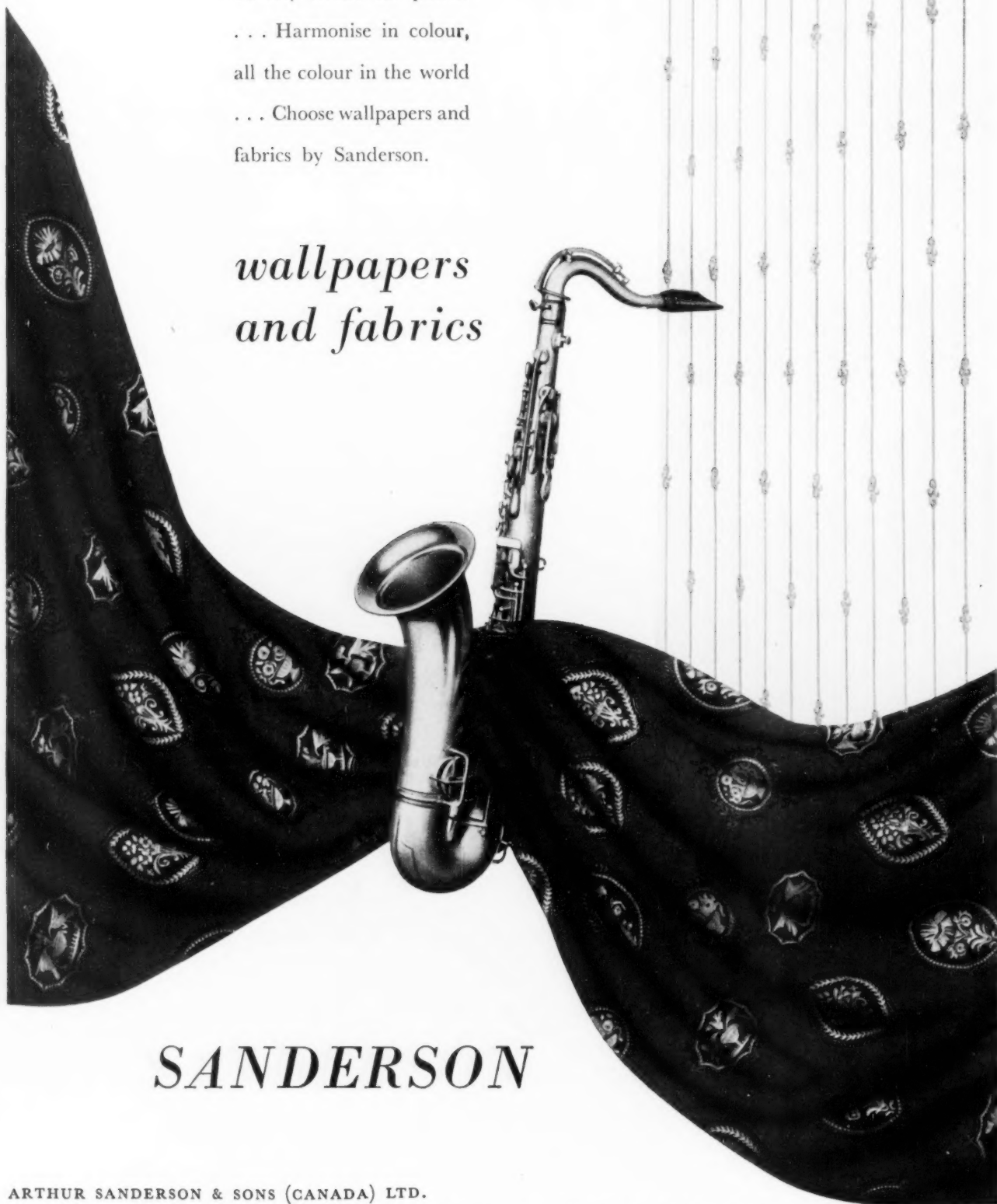
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TOMBOY

Continued from page 17

"Because," Angela told her, "that's what I'd want if I were you. Of course I'll keep him."

Kit put the dog down beside a pile of cuttings. "He'll like the smell," she said. "Everything about your place smells good."

"Thank you," Angela said gravely.

Kit said: "He's part yours, you know, so you can name him."

With her heavy gloves Angela wiped her brow. "How about Homer?"

"Homer?" Kit repeated. "Why Homer?"

"Homer was a poet. He was blind, too."

"We'll call him Homer, then," Kit said soberly. She stuck both hands in her overall pockets and rocked back and forth in excitement. "Angela! If I was gushy like Mother, I'd put my arms around you."

"You're welcome anyhow." When she laughed, Angela's face crinkled all over, and her eyes looked like the cornflowers bordering the walk.

Homer's life proved to be a short but merry one. He was killed a year later under the wheels of a delivery truck. Kit and Angela buried him behind the summerhouse, and Kit planted petunias on his grave.

"He liked them best," she explained tersely as she shouldered the shovel and started with Angela back to the house. She was silent until they reached the porch, where she dropped down on the steps with her chin in her hands.

"Angela?" The uncertainty again. "Did we do wrong to keep him alive just—just for this?"

Angela sat down beside her. She put a hand out to touch the plaid shirt, and then withdrew it hastily. "I don't think so," she replied. "He had fun, didn't he?"

Kit took a deep breath and exhaled gratefully. "I hoped you'd say that," she said. "Angela, for a grandmother you sure know all the answers."

Kit thought she knew most of the answers herself until she was fourteen. She outrode, outswam, and sometimes out-fought the boys in the neighborhood, until Alice Mathews "nearly lost her mind" because neither her husband nor her mother seemed much concerned about it.

"The boys like her," Drayton protested when Kit came home with a black eye.

"She fights on their own level," Angela told her daughter. "She'll be popular some day because she understands 'em."

Linda, who had just met Freddie Wilbur, said sourly: "She'll make a fine police matron, you mean."

"I don't want my daughter to be a tomboy," Alice insisted tearfully.

"Sometimes," Angela replied, "tomboys turn out to be the most interesting women." She looked speculatively at her daughter.

If Kit had problems she kept them pretty much to herself, or laughed about them and forgot them the next day. The summer she was fourteen, however, she began to spend more time up at Angela's sitting quietly on the porch, reading a good deal and talking very little.

One day she put down her book and said heatedly: "Angela, I think Linda's falling for that cream puff, Freddie Wilbur."

"Could be," Angela said carefully.

The girl kicked her feet out of her shoes and wriggled her toes. "If my dear sister had more muscle and less cosmetics, she'd have more fun."

The Decline of the West, which Angela was reading, slipped to the floor with a crash. It took her a few seconds to retrieve it. "Just what," she asked, "do you mean?"

Kit flexed a tanned bicep and regarded it with pride. "Lin likes to smooch around with the boys. I like to wrestle with 'em."

Angela caught the book before it slipped again. "You — do?" Her tone lacked its usual firmness.

"Sure. Anything wrong with that?" Her granddaughter threw her a defiant glance.

Angela opened her mouth, then closed it again. "Any particular boy?" she asked at last.

"Not on your life," Kit grinned. "They're all alike to me."

Whereupon, as if by mutual agreement, they both went back to their reading.

But a few months later Kit came up the path with a worried look on her face. She collapsed on the steps and began to nibble a blade of grass. "I think," she announced, "something's wrong with me."

Angela sat up with a start. "Why?" she gasped.

"All my boy friends are pairing off with just one girl—one girl each, that is—and if I pay any of them attention their girls get mad at me."

Angela relaxed and made an erasure on her crossword puzzle. "I've been trying for half an hour," she said, "to think of a seven-letter word for—"

"Angela?" The old signal of uncertainty. "I've got a question," Kit said.

The grandmother smiled. "More than a seven-letter word?"

"I—I'm afraid so."

Angela stroked the dark head. "Have at me," she said gently.

"I've asked Mother and she says, 'Don't be silly.' I've asked Dad, and he just goes off into gales of laughter." She paused, frowning. "Lin I wouldn't ask."

"Maybe a book?" Angela suggested.

"I've read 'em all," Kit laughed. "The answer to my question isn't found in books. In fact, I'll bet a lot of people couldn't answer it."

Angela gripped the sides of her chair. "What is the question?"

"How will I know?"

"Know what?"

"When — it's love."

The blue eyes gazed long and tenderly in the dark ones. "I can't answer that for you, but — you'll know."

For the first time in her life the girl's face reflected disappointment in her grandmother's reply. "Then maybe," she said haltingly, "you can tell me when — it isn't."

"Maybe," Angela said solemnly. "I can."

The months passed, and Kit's visits became less frequent. Alice Mathews came instead, with agonized reports about her younger daughter. Kit out with the boys, racing in hot-rod cars. Kit bowling or dancing or whatever until all hours. Kit tousle-headed and sleepy in the morning, and nonchalant about the whole thing.

"Always a different boy?" Angela asked, after a particularly poignant recital.

"Most always," Alice admitted.

"Then why worry?" Angela went back to putting peat moss on her violets.

"You don't understand!" her daughter



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exclaimed. "Linda says the child's getting a reputation."

"Possibly," Angela suggested, "the reputation is merely envy on the part of—not Linda, mind you—but the other girls."

"Mother," Alice said darkly, "you just don't know about the young people nowadays."

But Angela knew about Kit. She knew about the time Kit stayed out all night, because she herself had been a member of the party. When Kit's companion's hot rod had broken down three blocks from Angela's cottage, Kit had dragged the boy up the hill to her grandmother's. Angela put the two to bed—one in her bed, the other in the spare room, with herself on the living-room couch between.

Early in the morning her heavy-eyed granddaughter came creeping into the kitchen. "Is it still too early to call the folks?" she grinned.

"Of course it is," Angela assured her. "They can't miss you until they're up."

"Angela," Kit twirled the cord of the waffle iron. "I'm glad you've seen Hank. He likes me. He likes to take me in his arms and kiss me." Her brow furrowed.

"Have a cup of coffee," Angela said. Kit gulped the coffee like a thirsty denizen of the desert. "The trouble is," she said, putting the cup down, "I like it too."

"Like what?" Angela poured her another cup of coffee.

"The hugging and kissing. Then—you know what, Angela?" She stopped, frowning again.

Her grandmother unplugged the toaster and waited.

Kit's black eyes widened. "I tell myself—this *can't* be it. But Hank says it is." She made a pleading gesture, almost like her mother's. "Is it, Angela?"

Angela bent over the toast she was buttering. "Some people think it is," she said, "and never know the difference. But Hank's wrong, and you're right, my dear. As I told you long ago—you'll know."

When Kit was sixteen the family held a conference. The group consisted of Drayton, Alice, and Linda. Missing were Angela and Kit, who was the subject of discussion.

"I thought you should know," Linda told her parents. "Kit's getting terribly popular with the boys. One of you should speak to her about the birds and the bees—or do something." Linda was eighteen then, and going steady with Freddie Wilbur.

"Heavens!" her mother twittered. "I thought popular meant just—well—uh—popular."

Drayton scraped out the bowl of his pipe and whacked it hard on the patio floor. "I think," he said, "we should refer the matter to the Chairman of the Committee. Where is she?"

"Mother never tells me what she's doing," Alice pouted. "When I told her about the conference she said she had another engagement."

Drayton yawned and pulled himself out of his chair. "I've got to be getting downtown. Besides, I don't see what action can be taken when we have neither a quorum nor a chairman present."

"If by quorum you mean Kit," Linda grumbled, "she shouldn't be here anyhow when we're talking about her. And it's no use consulting the Chairman. She's on Kit's side."

"Aren't we all?" her father asked quietly.

"I suppose so," Linda conceded. "But I don't like hearing things about my sister when I've always tried to keep the family name unsullied."

Drayton leaned over and patted her hand. "With Freddie Wilbur I'm sure you always will," he said solemnly.

Alice fluttered uneasily. "Maybe, Drayton, we aren't taking this seriously enough—about Kit."

"Leave it to the Chairman," he said. "She'll find out."

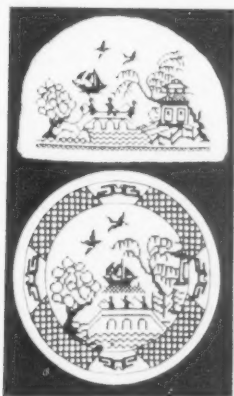
At the hour of the conference without quorum, Kit and Angela were having lunch together in a roadside inn.

"I still like it," Kit was saying. "And the boys like it. But if they don't know when to stop—" she tossed her head in the old defiant way—"I show 'em."

Angela beamed at her crab cocktail. She was thinking of the reason for the family conference.

"Of course," Kit continued, "there's Tom Newland." And over the beef Stro-

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ganoff she told her grandmother at great length about Tom Newland, finishing with: "Could that be it, Angela?"

Angela gazed thoughtfully across the green, disciplined terrace of their retreat. She shook her head. "No," she replied. "That isn't it, either."

Kit asked for and got the same answer many times before her high-school days were over. For Kit, notwithstanding the family apprehensions, was indeed popular with the other sex.

The family breathed a collective sigh of relief when she went off to college. All except Angela, who missed her vibrant granddaughter and the day-by-day drama of her life. Alice Mathews could entertain her bridge club without fear of the *sotto voce* between rubbers. Drayton settled to his stock quotations and television in the evenings without interrup-



What every husband should know about his wife

Isn't it funny how before she's married, a woman can manage any zipper on any dress, all by herself. But as soon as the Miss becomes a Mrs., it changes to "Darling, will you zip me up?"

And this husband's privilege isn't one to be approached lightly. For zippers are *not* all equally good. And you know what happens if you zip up some of your wife, instead of her dress. Ouch! Glum looks for days.

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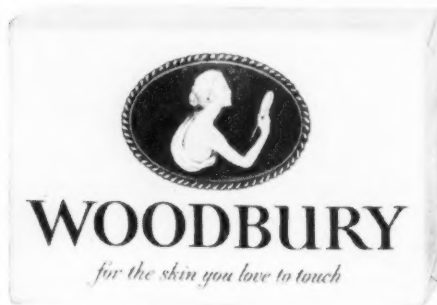
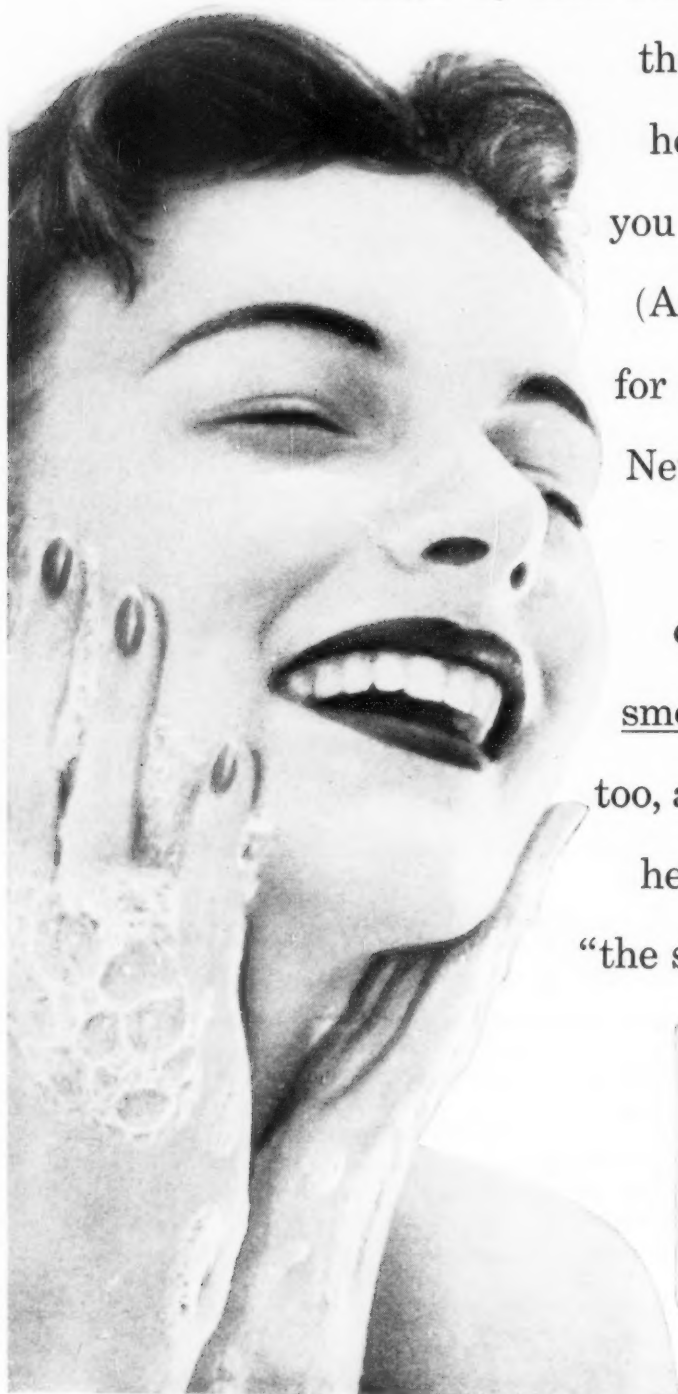
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tion from overeager young men who wanted to talk about finance with a capital F. And Linda, who had married Freddie Wilbur the summer before, was busy at being pregnant.

In her freshman year Kit brought Ben Draper home for Christmas vacation. The first evening, after a stilted family dinner, she drove him up to Angela's. When she and Angela adjourned to the bedroom to get Kit's wrap the girl whispered: "Isn't he wonderful? So full of fun and life and—and kindness?"

Angela nodded with real enthusiasm. "One of the finest lads I've met in years."

"See?" Kit pointed to something on her sweater. "His fraternity pin." She laughed, a trifle self-consciously. "Looks nice, doesn't it?"

"It looks very nice on you," her grandmother said.

Kit seized her by the shoulders. "Angela, do you think—?"

Angela studied the bright, eager face. "Not yet it isn't," she said kindly. "But have fun."

At Easter Kit came alone, without even the fraternity pin. When Angela asked about Ben, Ben was fine. When she asked about the fraternity pin, Kit merely laughed and said: "On him it looked better."

In the spring of her junior year Kit wrote lyrically to her grandmother: "I can't wait for summer. I want to come bounding up the hill and find you with the delphinium and petunias (remember Homer?) all pink and gold and blue like a little Dresden doll."

Angela read the letter in the hospital, remembering Homer and many other things.

The family hadn't told Kit in their letters that there would be no more bounding up the hill, no visits with Angela except in the hospital. Or that unless summer hurried a little faster, there would be no visits with Angela at all.

Summer was all around her when Kit alighted from the train. The people on the platform crawled like lazy beetles, hugging the rim of shade around the station. When she spied her father he wasn't hurrying, either, and he wasn't smiling.

"Hi, Dad," she grinned. "Did I interrupt a domino game?"

That brought the smile. "Heaven forbid. Only a directors' meeting."

He put his arms around her and held her close for a minute. Then he picked up her two suitcases and started walking. "Car's over there," he said, nodding toward the street.

"Wait," Kit said. "Something's wrong. You'd better tell me—and get it over with."

Drayton looked at the ground.

"It's Angela," Kit said. "She's sick or—something."

He told her, as gently as he could. "You can see her," he finished, "but only for a short time. She's in great pain, and the opiates keep her confused."

Kit raised her head and squinted into the sunlight, toward the hazy outlines of the hill. "I've got to talk to her," she said. "I've just got to."

Angela had known how it would be. she had asked the nurse to delay her hypo that morning until after her granddaughter's visit.

Kit's eyes were big and sombre when she entered the room. She sat down stiffly on the chair beside the bed, taking the slender hand in hers. "This isn't fair!" she erupted, after a long silence.

"It happens to all of us," Angela said. "Remember Homer?"

Kit bowed her head. Angela twitched a little and bit hard on her smile, which kept its shape. They visited for a while, discussing Linda's baby, Drayton's approaching retirement, and Alice's reducing experiments. Then a nurse with a hypodermic needle and an anxious look stuck her head in the door.

Angela, waving her back, said quietly: "Perhaps you'd better tell me what you came to tell me."

Kit shuffled her feet uneasily. "Maybe we'd better skip it."

"But you wanted to tell me. Nothing has changed."

"It's I who've changed," Kit said. "I guess I'm slipping."

"Where's the fraternity pin?" Angela laughed, raising her head to inspect Kit's blouse.

"There isn't any."

"There is — someone?"

"Yes." She hesitated. "But Angela, something's wrong. He's a law student, and I've known him since April. Our first date started out full of fun and the usual stuff. Then, on the way home, we stopped at the Cellar—that's the campus eatery—and we were right in the middle of a hamburger, talking ninety miles a minute, when—we just stopped and looked at each other."

Angela nodded. "No more fun."

"No. It was sort of painful—as if we had so much to say and didn't know how to say it." Kit put her head down on the bed. "We drove straight home, and we didn't even have sense enough to kiss each other good night."

"No wrestling," Angela said.

Kit's head came up sharply, her face a brick red. "Of course not! That's kid stuff." Then, sheepishly, she added: "Most of the fellows like it. But not Jack. He's different."

"So are you," Angela told her. "I always knew." She patted the girl's shoulder. "Go on, my dear."

"There isn't much more. That's the way our dates have been. At first we talk a lot, about each other mostly, and then the silence falls. We like it that way. But Angela, it's not fun—I mean not like that old fun with the others."

"Did you bring him with you?" Angela asked.

"No. He has a job at home this summer." Kit gulped and swallowed. "Last night he took me to the train, and when he said good-by he—kissed me. I thought surely then we might say something—important. But we didn't. We just looked at each other. And I know, whatever happens, I'll see his face, like that, beside the train, forever."

She squeezed the small hand convulsively. "Angela?"

Angela closed her eyes. "Yes, Kit?"

"Could this — be it?"

Angela bit down on her smile again. When she opened her eyes, they glistened like her cornflowers after the rain. She said, "I think you know the answer this time."

Kit leaned over and touched the pink bow, the gold and silver ringlets—more silver now than gold. Then she kissed her grandmother on the cheek. "Oh, Angela! Angela! I wanted you to meet him!"

The white face seemed to grow radiant and young. The cornflowers were dancing in the morning sun.

"That won't be necessary," Angela said softly. "I've known him a long, long time." ♦



Unretouched photo of Mrs. Michyl Paul's hands. Only upper hand was given Jergens care.

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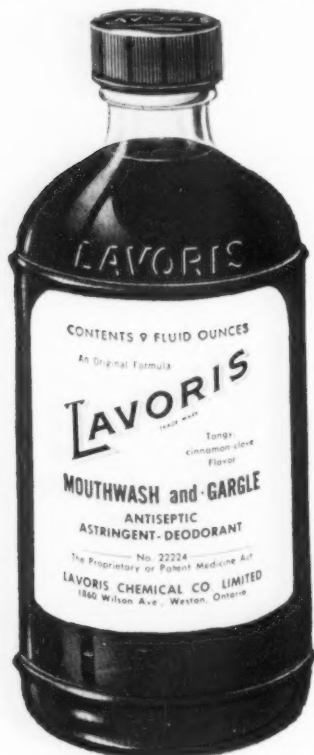




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CHANCE MEETING

Continued from page 19

cotton dress that made the difference. He could see her now in her elevator, one of the few who waited if she heard hurrying footsteps.

Now he scanned her face more carefully. It was rather lined and pale, with strong bones, but attractive. Her short, fair hair was nice too. A capable woman, he thought, and noticed the wedding ring on the hand she stretched out to a pile of young cabbage; its breadth and markings were foreign.

"They are beautiful peas, aren't they?" Her voice, too, was solid and well-formed, patterned by its strong accent.

"The first of the season. Are you buying some?"

"Me? Oh no. It would be too expensive to feed my family on peas. I shall get some cabbage." She picked the largest from the pile. "How much?"

"Twenty-five cents."

"I will give you twenty."

After a moment the farmer shrugged and nodded, then turned to wrap their purchases.

Because the woman was smiling at him Greg said, "How many children have you?"

"Two boys. They are eight and ten."

"They eat a lot at that age." He could see the piled plate of his son, Robin—now building dams in northern B. C.

"Oh they do. And it is good to see them eat. So they grow strong."

The farmer handed him the wrapped peas but he did not leave. "I suppose your husband is at work, too," he said.

"No." She said rapidly, "My husband was killed last year in a construction accident."

"Oh..." His sympathy for her loss was sudden and painful, as it was each time now for another's loss since Bridget had died.

"Well, good-by, Mr. Graham." She held out her hand in a formal, foreign gesture.

As he let it go he said, "I wish you'd permit me to buy some of these lovely peas—for you, for your boys."

She shook her head. "It is very kind of you. But I would rather not."

She walked swiftly up the hill toward the streetcars.

Self-conscious, not wishing to seem to follow her, he strolled further into the market. It occurred to him that this was probably the last season he would come here. Marketing at Bonsecours is not a banker's custom, even though the market is barely five minutes' walk from the bank. And once he was secretary—an officer of the bank—such an idiosyncrasy would be out of the question. Jim Agnew, the present secretary, was to retire in the fall.

Still he would regret his market, which he had found on the solitary walks he took through the city after Bridget's death.

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CHATELAINE — FEBRUARY 1957

—walks on which he could escape the pressure of sympathy his colleagues built up around him. Here, in the sight and smell of the fresh fruit and vegetables, he could step out of his tight, ordered life. Even now, two years later, he still needed to do this.

He returned to his apartment, cooked his new peas with a steak, read and went early to bed. This was the routine. Saturday morning as usual he drove out to the golf club. He wasn't much of a player but these days they always found room for him in a foursome. He knew why and it distressed him, but he never refused a game; you couldn't be really lonely while you were out there on the course.

But things will change once I'm secretary, he thought, as he searched for a ball he'd sliced off the fairway. He would have to work longer hours but that was to be welcomed; and his position would make him of real consequence to his fellows. So long as Bridget was alive he had been resigned to his arrested rise in the bank; new ambition started to flower in the emptiness she left.

Then strangely, while he had both the game and his future on his mind, he thought of the woman in the market. What a tough thing it was that had happened to her. He wondered who looked after the two boys while their mother was at the bank.

On Monday morning he felt a pleasant anticipation as he waited for the elevator and was disappointed when another woman opened the door. It was not until Wednesday evening that he saw her again, and now the disappointment was of a different nature. The enclosed cage with its artificial light made her quite another person from the woman he had chatted with in the market. He had planned to say something like, "I wonder what we'll find at Bonsecours this week." Instead he just muttered his regular good night.

Yet, on Friday as he walked toward the market a clear image of her returned—wearing her print dress, pondering her choice of cabbage. And he walked more quickly. I'm getting fatuous in my old age, he said to himself, chasing an elevator girl.

But I'm not really chasing her. She's a nice woman who's had her misfortunes, as I have. I only want to talk to her. I wonder where she comes from.

He reached Nelson's column and began walking slowly between the vegetables. He noted beans, the first green peppers, a bright display of radishes. He walked right to the bottom without buying anything. And without seeing her. Then he made his way up again, now looking only at the people, seeking a bright fair head, the blue-and-green dress. Yes, he said to himself, I'd like to hear more about her sons—where they live, how they live.

He paused below the column and let the people flow by him. Minutes passed, his spirits ebbed and he told himself firmly not to be an old fool. He bought his peppers with deliberation, some beans too, and began to climb the hill again as slowly as possible.

He had almost reached the last stall when he saw her, hurrying across the road to the market. She must have been delayed. And he caught himself up for thinking about her as if they had made a date together.

She saw him as she joined the crowd, came to him, smiled and said, "I was afraid I would miss the market."

"You needn't have worried. They don't pack up for at least another hour."

"And what did you find today?"

"Green peppers. They look very good."

"How much did you pay for them?"

"Three for a quarter."

"That is terribly expensive. But they'll get cheaper soon and then I shall buy lots of them."

"Your boys are fond of them?"

"Oh yes. In my country we stuff them with meat and they are wonderful."

"Where is that?"

"Poland. We come from Poland."

It seemed natural that he should walk with her down the shopping alley. He waited while she bought carrots and new potatoes.

"You have children?" she asked.

"Two boys and a girl. But they're married and away from home."

"Then there is just your wife and yourself?"

"My wife died two years ago."

"So you are alone?"

"Yes." He felt the need to cut off her

sympathy. "But my work keeps me very busy and I play golf every weekend. In summer that is. In winter I curl. That's a grand game. There are the peppers. Don't they look fine?"

She stopped. "Oh yes they do. But they are much too expensive."

"Really I wish you would let me . . ."

He could not put it more definitely.

"They'd make a lovely Sunday dinner."

Now she was looking keenly at him. She had grey eyes, lightly flecked with green, and a wide mouth. She was almost

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as tall as he was, but then Bridget had needed to wear low shoes in order not to stand over him. "I will accept," she said, "on one condition—that you come and enjoy them with us."

"But..."

"Perhaps you have another engagement."

There would be a golf game for him, he knew, and a sympathetic couple who would insist he go back to supper. His weekend would fit him as tightly as the days at the bank. But eating stuffed green peppers with this woman and her sons would be like buying his vegetables here at Bonsecours, an extension of his escape.

It was dangerous though. Suppose she started gossiping about having an assistant secretary to Sunday dinner. He'd better get out before it was too late.

"So you have an engagement?"

What a sweet face she has, he thought suddenly; how easy she is to be with. "No," he said. "Nothing actually arranged."

"Then I will expect you. I live at 9319 Oldfield Avenue, apartment 25. My name is Bakowsky."

"I better make a note of that." How many years was it since he had written down a woman's address? "How many peppers will we need?"

"Twelve will give us a good meal."

He turned to the farmer. "Give me a dozen, will you."

"I will pick them myself," said Mrs. Bakowsky. "Yes, that's a good one. And that..."

He drove out along Oldfield Avenue into a new suburb, where red-brick apartment blocks were pressed tightly together behind the half-made roads. This was a Montreal he did not know at all. As he walked from his car he heard German and other languages he couldn't recognize. In the apartment-block entrance he smelt pungent cooking. Reckless, he thought, that's the word for what I feel. He wore grey flannels, a sports jacket, a bow tie.

The boys, Paul and Victor, had their pale hair slicked back. Their cheeks were ruddy and their nails scrubbed. They stared at him with shy curiosity, answered briefly his questions about school and baseball.

Mrs. Bakowsky, in a white apron, bustled in and out of the kitchen, made polite conversation about the state of the road outside. "They are building so quickly here," she said, "the roads never catch up. It is the same with the schools, they are so crowded. Victor can go only half a day. And my boys, I am afraid, are not very studious."

"Not many boys are. I could never understand how Robin passed an examination. Janet was the brains of the family, she..." He broke off as Mrs. Bakowsky went back to the kitchen. "Well," he said to Paul, the elder, "what do you plan to do when you grow up?"

"I'm going to drive a truck."

"I'm going to be a cop and arrest him for speeding," Victor chimed in.

"Ach," burst out their mother, returning with steaming dishes, "they have no ambition."

When she had served she took off her apron and he saw she was wearing a black silk dress. The boys wore white shirts. He should not have dressed so casually himself. He should have realized that, accidental as was its origin, this visit of an assistant secretary was an occasion. But that was just the trouble.



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CHATELAINE — FEBRUARY 1957

The stuffed peppers drove away his doubts. They tasted wonderful. Mrs. Bakowsky and her boys ate with the same relish as he did, giving as little time to conversation.

She stacked the dishes and came and sat in one of the low arm chairs. It was very hot in the apartment. "Take off your jacket," she said, "and make yourself comfortable. A meal is no good if you cannot feel comfortable afterward. Victor, take Mr. Graham's jacket and hang it up in the closet. We always speak English together," she explained. "It is better for the boys. My sister and her family speak Polish at home, but we never do."

"Your sister lives near you?"

"She is in the next block. During the week she gives the boys lunch. That makes things easier for me."

"But it must be hard all the same."

"Hard — no. There was compensation for my husband's death, and a little insurance. We can manage. We have always lived simply. In the old country my husband was a carpenter; before we married I worked as a waitress." He knew she told him this so he should not feel any false sympathy for her — for having fallen from a more luxurious way of life.

"My father," he said, "was a fisherman. I'd have been a fisherman too if my mother had let me."

The boys were becoming restless. "You can go out and play," Mrs. Bakowsky said, "but keep out of the sun."

He watched the boys moving lazily, felt the oppressive city afternoon, recalled that it would be quite pleasant now in the clubhouse veranda and said, "What about a drive? It will be fresher out of town."

"In three years," said Mrs. Bakowsky, "they have not been into the real country. If you will excuse me, I will go and change."

She sat beside him in front, the boys in the back. He drove westward, off the island and then along the shores of the Lake of Two Mountains as far as Como. They took the ferry to Oka and came back by way of Ste. Rose. The boys kept pointing things out to each other — glimpses of the water and of boats, a plane taking off at Dorval, sports cars passing them. Mrs. Bakowsky did not talk much, but he could feel her pleasure and he felt wholly happy about what he had done. Her relaxation entered into him.

But he refused her invitation to go back for supper. "I'm so glad you enjoyed it," he said. "We must do it again some time."

On Monday he was no longer distressed to see her in her brown uniform. He managed to make his "Good morning, Mrs. Bakowsky" sound quite personal.

The weather held hot and humid through the week. He kept picturing them in their apartment. On Thursday evening he looked up her telephone number, telling himself as he did so that she probably hadn't a telephone anyway. But it was there under Bakowsky, Mrs. V.

"Hullo." Her voice sounded deeper, more foreign.

"This is Mr. Graham. I was wondering — well it looks like another sticky weekend — would you and the boys care to go fishing on Saturday?"

"But we would love it, Mr. Graham."

"I've plenty of tackle." He had Bridget's rod and an old one of Robin's as well as his own. "I'll call for you at eight o'clock, so we can get away before the heavy traffic."

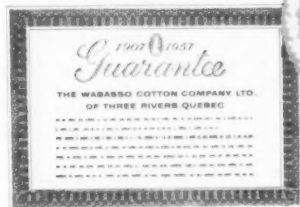
There was a trout stream he had often

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He kissed her gently and was glad she answered him in the same mood

fished with Robin just beyond Sutton in the Eastern Townships. He chose to return there because it held such pleasant memories, and because nobody from the bank went to that part of the country. He fixed a picnic lunch and found that she had too, but after the initial embarrassment it seemed a great joke.

Mrs. Bakowsky herself did not like fishing. "I will lie here in the sun," she said, "and be very, very happy."

"Then you'll trust me with your boys, Mrs. Bakowsky?"

"But of course, Mr. Graham."

Now that the boys were used to him they were less subdued. But they were well brought up. They kept quiet and fished the pools the way he told them. By the end of the day they had taken a dozen sizeable trout. Afterward the four of them sat together on the bank and felt the cool of late afternoon descending.

Paul and Victor fell asleep on the way home. He exchanged smiles with their mother about them, and felt suddenly as if he were living in a family again, as if the woman beside him were his woman and the boys his sons. He was shaken by the strength of this concept; he tried to force it out of his mind by concentrating on the road ahead.

At the apartment he said, "I'll get the fish out of the back for you."

"But you must keep them."

"Of course not."

"Then I will cook some for you to-night."

"No, Mrs. Bakowsky. You must be tired too."

"Please—let me." It was the first time that she had spoken to him without the words "Mr. Graham" either voiced or understood. And after this day spent so closely, so contentedly with her he was unable to refuse.

He stretched out in one of the dumpy little chairs, feeling wearier than if he had spent the whole day on the links.

After they had eaten he returned to his chair, took his pipe out of his pocket and thought about filling it. When he woke up his neck was stiff, his left arm had gone to sleep and he saw Mrs. Bakowsky sitting opposite him sewing under a table lamp. He jumped up. "Good heavens! I'm terribly sorry. I really don't know how I..."

She smiled. "You had a fine nap."

"It's nearly eleven. I've kept you up. How can I apologize?"

"But you have no need to apologize. It was very natural."

She laid her sewing aside and stood up. She was wearing the green-and-blue dress, her hair was full of light and she, too, moved with the languor of their long day in the open. As she came toward him he held out one hand to say good-by, then the other. Her hands, as he took them, were warm and strong, and then she was in his arms.

He kissed her a long time, with gentleness rather than passion—before he realized what he had done. He was glad, grateful she had answered him in the same mood.

"I — I'm sorry."

"But why?" She took him by the hand

and led him to the front door. "Good night and thank you very much."

That night, the following day and the night after, Greg Graham held a debate with himself. He argued about two fine boys who deserved a chance in life and the fun of going fishing with them, about the restfulness of her personality, her attractiveness and common sense, and the strain of being beholden to people who found time for him so conscientiously.

But then he brought into the balance his thirty-five years' service to the Bank of Lower Canada and the impossibility of the secretary of the Bank of Lower Canada being involved with—marrying—one of the elevator operators. Loneliness and a shared love of marketing were no excuse. With such a wife he would never sit at Jim Agnew's desk. And his career was surely the one thing that now mattered.

By Monday he had himself well under control. He took her elevator and said good morning, and all he saw was a rather heavy woman with fair hair in a brown uniform. He saw her five times during the week and each time greeted her as coldly. He was grateful she did not try to talk to him; she's really a very decent woman, he decided. He went straight home on Friday afternoon and spent the weekend at the golf club.

July passed into August. He would not allow himself to return to Bonsecours; that was part of the sacrifice his career demanded.

It was a Friday afternoon toward the end of September that the president called him into his office. "How are things, Greg?"

"Fine, thank you, Mr. Jopson."

"There's something I want to talk to you about."

"Yes?"

"You know Jim Agnew's retiring?"

"He has told me."

"I don't want you to take this badly, Greg, but we're making Bill Stephens secretary. We thought over the appointment a long time, and we came to the conclusion a younger man was needed—say a more forceful man. You understand, don't you?"

"Bill's a fine fellow, Mr. Jopson. I'll be happy to work with him."

Well, that's that, he thought as he walked out through the carved mahogany doors, back to the assistant secretaries' room. That's the end of Greg Graham's illusions of greatness. I've been put in my place — where I belong, where I should have realized I belong. Bridget wouldn't have let me make such a mistake. I wouldn't have wanted to make it while I had Bridget.

They always tell you these things on a Friday afternoon, so that you have the weekend to get over them. That's thoughtful of them. He felt no bitterness.

And then the fact that it was Friday grew a new significance. This was the season for Brussels sprouts, for eggplants too. There was no reason now why he should not go to Bonsecours. Or meet there—as if by accident—a pleasant fair-haired woman in a blue-and-green dress, the woman in whose company he felt so much at ease. ♦

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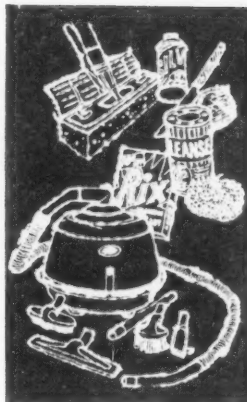
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Wash the brushes by dunking vertically in hot soapy water. Rinse well. Shake thoroughly and allow to dry completely, with bristles turned up, before using. Buffing pads should be stored in a clean plastic bag or wrapped in foil when not in use. To wash them, use hot soapy water unless they are backed by glue or other adhesive. Rinse and dry thoroughly. Replace a glued-on type of buffer with a new one if very soiled.

Add years to enamelware

Sudden changes in temperature and contact with sharp utensils are hard on your enamelware. Rinse pan with hot water as soon as hot foods are removed. But never dunk the pan in cold water while it's still hot. Cool the pan first then soak in cold water, especially for starchy foods such as potatoes, macaroni, rice or milk or egg mixtures. Use a rubber or plastic scraper or a brush to loosen foods. Loosen burnt-on foods by filling the pan two thirds full of water and adding 5 teaspoons baking soda to 1 pint of water. Boil for a few minutes. Wash in hot sudsy water and scrub any remaining stain with mild household cleanser, then rinse and dry.

Always stir foods in enamelware with a wooden spoon to prevent scratches and metal marks.

Take out aluminum kinks

Aluminum skillets and frying pans (not constructed of the new antiwarping alloy) should be rinsed or soaked after use in warm or hot water. Only use cold water for rinsing if pan has first been cooled. This will help prevent warping, caused by the sudden contraction of the metal. To straighten warping of a light-weight frying pan or skillet, turn the pan upside-down on a heavy pastry or bread board. On the pan place a piece of 1/2-inch-thick wood (about 4 inches wide and as long as the diameter of the pan). Tap the wood several times with a hammer until raised part of the pan has straightened. Test for evenness with a ruler.

To lighten aluminum stains

All aluminum pans may be washed with hot sudsy water and the inside scrubbed with a scouring pad, then rinsed and dried. If inside has darkened by cooking, add 2 teaspoons of cream of tartar to

about 1 quart of water and boil 20 minutes, or boil a little spinach in the darkened pot for a few moments. Then discard spinach and water and the pan will be bright. To preserve the outside lustre use mild household cleanser on stubborn stains.

Anticrack campaign for glass

To clean heat-resistant glass cooking dishes, wash with hot sudsy water. Rinse and dry. Remove hard-water mineral deposits by boiling vinegar and water in the dish. For bad stains, use household cleanser and nonmetallic scouring pads. Treat glass cooking utensils like enamelware. To prevent cracking, cool them before soaking in cold water. Fill top-of-stove utensils with hot water if they are to be placed on an element that has been previously heated. Place cold liquids in glass on a cold surface and bring gradually to cooking temperature.

Before placing a glass utensil on an element make sure there is no moisture on the underside of the pot. If top-stove elements are constructed of two rings be sure the inner ring is the one you turn on. If the outer ring is on, the side walls of the utensil cannot expand as they normally should and breakage may result. Single-ring elements do not present this problem.

Sparkling stainless steel

Stainless-steel cooking utensils can be kept sparkling with scouring pads and good hot water. Always rinse in equally hot water and dry with a towel. Stainless steel tends to water-spot in hard-water areas if not wiped dry. To prevent this use softener in the rinse water. Copper bottoms can be polished with a paste or liquid sold for this purpose. Or rub the copper with a mixture of 2 tablespoons salt to 1 tablespoon of vinegar or lemon juice.

Rustfree cast iron

To clean cast-iron cooking utensils, wash with hot sudsy water. Rinse and dry thoroughly in a warm oven or on low heat of surface element or burner. Cast iron tends to rust if stored while damp. Re-season the utensil if rust occurs. To do this, brush lightly with salad oil and heat in an oven at 325 to 350 deg. F. for 45 minutes to 1 hour. Then wash with hot water and dry thoroughly.

Note: We do not recommend the use of synthetic detergents for washing cast iron as they tend to remove the seasoning film. If you constantly use a cast-iron frying pan, leave a small amount of grease in it and cover the pan with foil before storing. If the pan is used only once a week, wash the pan and dry before storing. ♦



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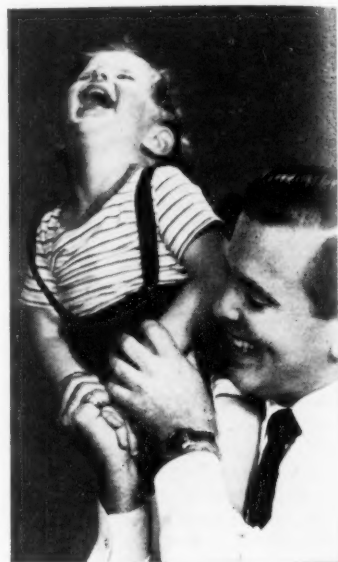
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FOR CHATELAINE'S YOUNG PARENTS

Remember, Father is a Parent Too



*Your baby needs both of you, right
from the start. The two of you should
share in the job of raising him*

BY ELIZABETH CHANT ROBERTSON, MD, DIRECTOR CHILD HEALTH CLINIC

BRINGING up children successfully is a really creative undertaking for both mother and father. Of course, looking after a baby is a lot of work even today with the help of modern appliances. But for most women there's so much fun and satisfaction out of watching his development that it's a pity to hand this job over to someone else unless it is really necessary.

Does mother need time off?

Yes. As with any engrossing job into which you put a lot of yourself, mothering a family of children is wearing. Also you need adult companionship and intellectual stimulation. It's good for you to get away from your children at least two or three times each week. You will come back to your job refreshed and able to handle your problems, of which there are bound to be many, more objectively.

Some families don't realize how important this time off is for the mother's emotional health. You would be wise to budget for it in your weekly schedule. Also, you and your husband need some recreation together out of your own home. Often you can take the baby with you in his portable crib and park him in your friends' bedroom. Brief family expeditions are a welcome change, although not a complete one. Even a part-time job, if you have a permanent suitable substitute to care for the child, may make for happier and so better mothering.

Sometimes a mother and father can go off on a holiday together, leaving the baby with some competent person that he already knows. Dr. John

Bowlby, who is one of the world experts on such questions, says that one week is about the maximum time you should leave a child from one and a half to two and a half years of age. Even at that, you can expect some extra clinging and protests when you get back. This is his way of telling you that he likes you best and doesn't relish your going away. It's the natural and reasonable way for him to behave.

Some people with not much imagination or knowledge urge you to resist your small child's wish to have you around most of the time. Otherwise you'll spoil him, they say. Actually the results are just the opposite. If you pick him up, cuddle him, talk quietly to him and relieve his distress as much as you can in his early years, you encourage him to become independent rather than hinder him. Knowing you are there to fall back on, he accepts the world as a pleasant, reliable place and feels happy and secure.

Still clings at three

As he grows older he becomes interested in many activities and therefore much less demanding. But until he is two and a half or even three he still misses you a great deal if you are not there most of the time. If you try to "wean" him from your company sooner, he'll probably be that much slower in developing independence. Of course you are important to him until he is grown-up but for the first three years you are especially so. And the job of gradually relinquishing your control and giving him more freedom and responsibility as he grows up is probably the job you will find requires most thought

and is the hardest to do well. It too is extremely important for the development of a well-adjusted mature personality in your child.

What is motherliness?

Some people look upon motherliness as a simple, primitive sort of impulse that women are born with. Really it is more accurate to consider both motherliness and fatherliness as signs of maturity. There is no doubt that women vary in their inherent motherliness and also that some develop it earlier than others. Also some mothers are afraid to express their maternal feelings as they really wish to. Incidentally, breast feeding your baby usually helps to forge a close link between you and it is not only wonderful for him physically, but for both of you emotionally.

Motherliness is defined by Dr. Bowlby as a warm, intimate, continuing relationship between the child and his mother which is a source of satisfaction and enjoyment to both of them. There are a few women who are unable to establish such a relationship with their children and in this case a permanent substitute who can do so is preferable. You will notice that I stress the permanence. Frequent changes in the mother-substitute, even though the child lives at home, have a damaging effect on many small children. Also a sojourn of six months or more in even a well-run institution during the first three years slows up a child's development.

Frequent changes in the persons looking after him or the lack of one particular person to whom he can attach himself

NATIONAL HEALTH WEEK

February 3 to 9

may affect his personality permanently. He may become an isolated sort of person, unable to give or receive real affection. Other youngsters who have suffered similar deprivation may become anti-social or delinquent in their later years.

Father's important role

Naturally a mother spends much more time with her children than her husband does. But sometimes a woman discourages her husband from taking an active part in the care and guiding of their children. She makes him feel incompetent and unnecessary and allows him to help only in a very minor way. Such an insignificant role discourages him. It is far better for everybody in the family to make child-raising a joint enterprise. Talk over your problems with your husband, tell him what you have learned about child development, possibly from study groups or reading. Two heads are better than one in this job.

In the first months a father is vitally interested in his baby and his continuing interest will be most helpful to the youngster as he or she grows. Gentleness, tenderness, sympathy, guiding and teaching are not the exclusive rights of the female sex. But if a boy is exposed to these only in his mother and his early teachers, he is apt to look upon them as feminine traits and when he gets older he may reject them to express himself in what he considers a masculine manner. He is most likely to do this if his father has spent a good deal of his spare

BRINGING UP BABY

CONVERSATION PIECE

A day for justifiable pride—the day when baby's first real word tumbles from that rosebud mouth. The day your toddler turns talker is a good time for you to turn teacher. A few ways to guide your orator-in-the-making:

1. *At first baby will learn by imitation, with little idea of word meaning. It helps to talk directly to him and repeat often.*
2. *Pointing to objects as you talk teaches baby word meanings by association.*
3. *When you give commands it's helpful to use the same words each time to avoid confusion.*
4. *By speaking slowly and enunciating clearly you help baby to perfect his pronunciation.*

THE WHYS OF VARIETY IN TODDLER MENUS

Toddlers are live wires and need lots of energy and strength to keep up with their great activity and growth. A variety of foods is needed at this stage because no one food does a complete job. This combination of different foods provides the various nutritional factors babies require. Gerber offers over 26 Junior Foods in 5 classifications: fruits, vegetables, meats, dinners, desserts—prepared with an evenly minced texture for tots who can chew.

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RUB-A-DUB DOUBLED

If your toddler likes to linger in the big tub, you might combine business with the pleasure of watching the splasher by using this time to rinse out a few hand-washables in the basin. Or what better time to indulge yourself in a facial—do a stint of hair-brushing—or give yourself a manicure.



HINTS COLLECTED
BY MRS. DAN GERBER
MOTHER OF 5



RECIPE OF THE MONTH

FRUIT SAUCE

½ cup of any Gerber Junior Fruit
1 tablespoon lemon juice
1 tablespoon sugar

Combine and heat until sugar is dissolved. Use hot or cold as a sauce on custard, ice cream, gingerbread, etc. For free copy of "Recipes for Toddlers" write me, Mrs. Dan Gerber, at Dept. B, Box 4027, Terminal A, Toronto, Ont.



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time with other men, and that is most likely to happen if his father has been allowed only a very secondary role in the management of the children.

Some fathers plan to spend more time with their boys when they are older, when they can take them hunting and so on. But it is a much happier arrangement for both parents and sons if a father gets to know his boys and helps guide them from the start. If a mother has to bring up a fatherless boy, she should encourage him to establish a strong friendship with

some older man, whom he admires and can take as his model. Such a father-substitute is very helpful in the normal development of the boy.

Your quarrels can hurt

A home with two "practicing" parents in it is the ideal setup but it is not so good if they disagree on discipline and training methods. The youngster soon learns to play one against the other. So it is very important for both of you to follow the same system in training your

children. As for arguing or quarreling in front of them, all the authorities agree that a large amount of this is very distressing and disturbing to the child. It may even lead to mental ill health later on in life. On the other hand, some experts think a little bickering between the parents may be beneficial to the youngster, presumably by showing him that people can disagree to a certain extent and still be thoroughly fond of each other. Personally I would think the less, the better. ♦

WHY DO SO MANY CANADIAN BABIES DIE?

Continued from page 11

probe the trouble—but they wouldn't be quoted.

Hospital authorities receive a blast from some of them; lack of proper nursing in hospitals for the premature infant (a job requiring special training) was mentioned. Some doctors criticized the performance of certain members of their own profession, but agreed that case-room errors were rare. Others even touched cautiously on the merits of state medicine.

But one person who came in for a scolding from all quarters was you—the Canadian woman. Far too many of you are charged with failing in your obliga-



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2. Centre a buffet table with a heart-shaped cake decorated with red cinnamon candies or cherries. Place on frilled crepe paper and flank with red candles in white holders.

tions as mothers or mothers-to-be. Your attitude toward pregnancy is casual, compared with women in other countries. I have heard you called self-indulgent, careless and willfully ignorant by people deeply concerned with our infant mortality problem, people who were not making charges idly.

No one in a white smock is going to rush from a laboratory some day, holding aloft a magic pill which will reduce our infant mortality. The chain which will keep it within acceptable bounds must be forged by medical and hospital services, community action and the co-operation of the individual Canadian woman.

There are forty-four basic causes of infant deaths, ranging from diarrhea to congenital malformations. If all the variations of these causes were listed they would exceed two hundred. Many infant fatalities are beyond our control. But ob-

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viously there are many which we could prevent.

One of our chief handicaps is a lack of detailed records of the causes of infant deaths. We know that 13,841 babies under one year old died in Canada in 1954. Except for a few programs of careful investigation into infant deaths in centres such as Toronto, Winnipeg, and Vancouver, we know very little of scientific value about the causes of those deaths. A death certificate for an infant is made out on the same form as for an adult. On it the doctor is asked to state the cause of death and any contributing causes; and that's all.

For many years in northwestern Europe, New Zealand, Australia, and most of the United States a doctor's report on an infant death has contained a detailed history of the pregnancy, labor, post labor, and care of the infant. If the doctor isn't sure of the cause of death he says so and permission is sought from the parents to perform an autopsy. In Canada the doctor is not permitted to leave a question mark in the cause-of-death space, so he puts either the cause or what he considers to be a good guess. Other countries have thus acquired a mass of detailed information which has pin-pointed the most feasible targets and aided them in organizing their attack.

Such investigations of infant deaths as have so far been made in Canada show how much information can be brought to light. Five hundred and thirty deaths at birth from 30,000 deliveries in six Toronto hospitals during a three-year period ending in 1956 were sifted by obstetricians and pediatricians from the teaching staff of the University of Toronto's Faculty of Medicine. The work was done with the aid of federal and provincial grants. Autopsies were performed in 450 of the deaths. Two hundred and twelve were thought to have been preventable.

These were selected for complete investigation and discussion with the doctors

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Why your child needs your help when pimples strike

by MARCELLA HOLMES
NOTED BEAUTY AUTHORITY

(former beauty editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermine poise and self-confidence, can cause permanent damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

Is there a way you can help your child? Yes, thanks to CLEARASIL, a mod-

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and nurses involved and, when possible, with the mothers. Although half of the 212 fatalities selected were border line between preventable and unpreventable, the other half were clearly preventable. In that category it was found that:

1. The mother had not availed herself of full prenatal care.
2. Immediate postnatal care of the infant had been faulty.
3. The doctor doing the delivery made some error in technique or judgment, or the anesthetic had not been the right type, or had been administered by an unskilled anesthetist.

The patient had not availed herself of full prenatal care:

Full prenatal care means seeing a doctor as soon as pregnancy is suspected, having medical examinations at least six times during the pregnancy, and following to the letter the doctor's advice on diet, exercise, and general living habits.

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Simple as it sounds it seems to be too much for too many Canadian women.

A comparison with women of other nationalities has shown up the carelessness of Canadian women, and we don't have to go overseas for reports and records to prove it. The women of other countries have come here in recent years in large enough numbers to make the comparison significant. Prenatal clinics in most Canadian hospitals could handle twice as many patients as now attend. The Toronto General—the country's largest—is typical. It has a capacity for two hundred women a month; about a hundred attend. More than half their Canadian patients are well advanced in pregnancy before the hospital's doctors ever see them. New Canadians usually report early in their pregnancies and are more regular and obedient patients all the way through. When good public clinics are available they have the common sense to

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Your baby deserves the best



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use them for they know from medical traditions in their homelands that they will receive expert care. In this country there are still thousands of people who think public clinics are for cheapskates and down-and-outs only.

A staff obstetrician of a large hospital told me: "On a recent Saturday night two other doctors and myself worked from eleven o'clock until seven in the morning to save a woman and her baby.

"The job started practically on the hospital steps. She was a third-generation Canadian who had lived within sight of the hospital all her life, but she had come for only one examination during her pregnancy. During those same eight hours one English and two Swedish girls came in and the deliveries went like a charm. They had been faithful clinic attendants." The woman who caused all the trouble was an exception in that her case was particularly difficult, but she was not an exception as far as her prenatal attitude was concerned.

The women of countries with a lower infant mortality rate than ours not only show more good sense during pregnancy but they are usually in better physical condition at any time than Canadian women. As Dr. Jean Webb of the Department of National Health and Welfare says, "Europeans make much more of fitness than we do. They don't live in motor cars. Hiking and cycling and active participation in sports are more common there."

2. Immediate postnatal care of the infant had been faulty:

The babies most susceptible to fatal disease are the neonatals, or infants less than one month old. Almost half of the neonatals who die do so within forty-eight hours of birth. Nineteen neonatals died in 1954 for every thousand live births. And one third of the deaths among neonatals occurred among the premature babies.

A premature baby is not a normal baby born a little early. It is a baby which is not ready to be born at all. Its resistance to disease is low. Prematures have a soft transparent skin and may be covered with hair. Their breathing is shallow and irregular and they make very few movements. Their chemical make-up is different from that of a normal baby. But

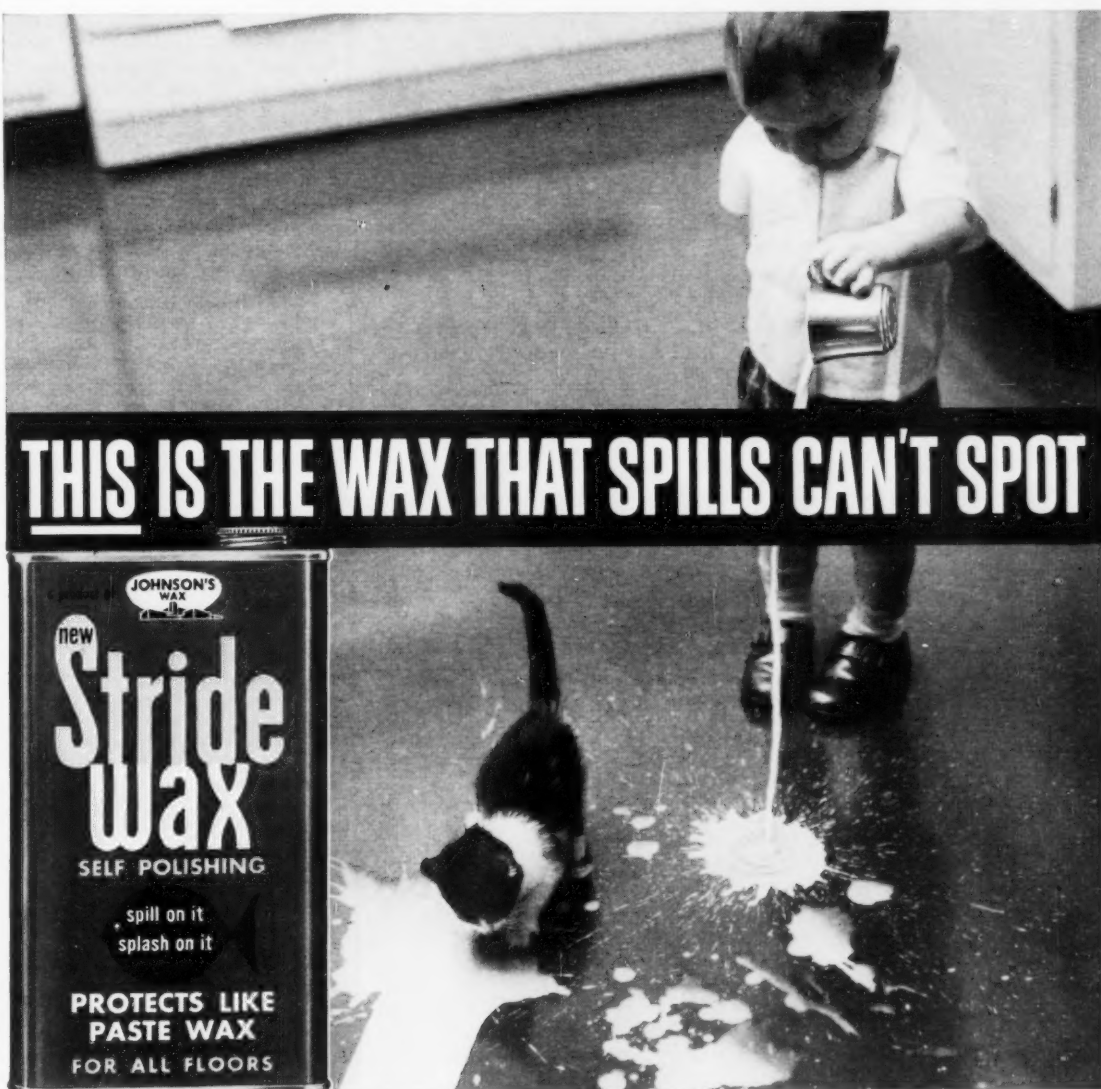
this doesn't mean that they shouldn't be given a chance. After all, Sir Winston Churchill, Isaac Newton, Victor Hugo and Charles Darwin were prematures. In England, six hundred premature babies were compared with an equal number of full-term babies, in similar environments during their first five years. Except for a susceptibility to minor respiratory troubles in their first two years, the prematures were the physical and mental equals of the others.

The loss of prematures is the greatest

single handicap in our infant mortality standing. "We can't save all the prematures but we certainly could save a good half of those who die," a noted pediatrician told me. "It could be done with proper hospital care and equipment."

It will shock Canadians to be told that any part of our hospital services is inadequate but in the care of premature babies this is the case. "Most hospitals and doctors think that an incubator and a nurse to take a peek at it every once in a while is complete care," this pediatri-

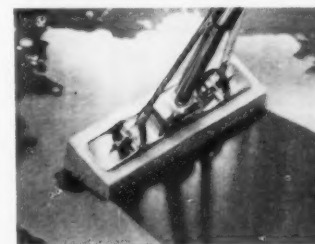
cian continued. "You can dish out incubators by the hundreds but they aren't much use without highly skilled, thoroughly trained nursing. Every hospital should have a premature unit. It is a separate room for the incubator-housed baby, and around-the-clock nursing care by girls who have been selected and trained for the job and who are left on it without interruption. The doctor doesn't enter into it much. Proper care of the premature demands much skill and knowledge, which any registered nurse with a



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Fretfulness	Teething
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desire to do the work can be taught. It requires something more than she received in her regular training."

In an eastern Canadian hospital not long ago a premature unit which had been having one-hundred-percent success with its babies suddenly began losing them. Five died within a few months. The nurse who had been trained for that work had been summarily switched to other duties by the hospital authorities and a girl without the necessary special training had been put in charge. When the original nurse returned there was no further trouble.

It is not known how many complete premature units there are in the country, but there can't be anywhere near the number needed. Toronto for example has only three. Most European and American hospitals have them.

As this is written one province, Ontario, is planning for future provincial grants to hospitals to contain provision for training nurses in premature-infant care, as well as the further equipping of premature units in the province's hospitals.

Premature labor can be brought on by several causes. The most common single cause is maternal toxemia, a type of internal poisoning. The cause of toxemia is still unknown. Overweight predisposes a woman to toxemia; there are likely to be four times as many cases in the overweight group as among women of normal weight. It certainly has a suspiciously close relationship to the banana split and chocolate éclair.

This doesn't mean that Canadian women must live on lentils and pulse during pregnancy, but it does show that the old idea of "eating for two" is dangerous, although it is still used as an excuse for overeating by many pregnant women. One general practitioner told me that more than fifty percent of his prenatal patients had to be rapped over the knuckles frequently for eating too much. "They find it easy to talk themselves into an extra helping or a plateful of cookies with afternoon tea by telling themselves 'I'm pregnant; it's natural to crave extra food—here goes.'"

The symptoms of maternal toxemia are obvious—sudden increase in weight, high blood pressure, and kidney disturbances. The cure is simple and, if the disease is caught early enough, sure—complete rest, a salt-free diet, and medication. Maternal toxemia, potentially such a killer, could be wiped out by universal prenatal care.

Australia has managed to reduce its incidence of toxemia to insignificance, through prenatal care. But even the few cases which were treated in the Crown Street Women's Hospital in Sydney were too many for the staff obstetrician, Dr. R. H. Hamlin. From 1936 to 1947 the hospital's incidence of advanced toxemia was one in three hundred and fifty deliveries. By sending out nurses to patients who were not reporting for prenatal care as directed, by lecturing patients on the importance of prenatal care and why they should report frequently, the incidence of toxemia was reduced to nothing in 1950. There have been no cases since, though the number of hospital admissions remains about the same.

3. The doctor performing the delivery had blundered or the anesthetist had been at fault.

Some of the doctors I talked to had criticism for their own profession, particularly for those who are reluctant to



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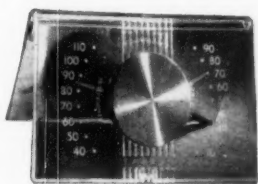
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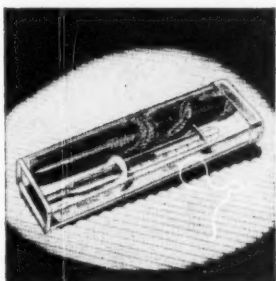


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call for help when they run into difficul-
ties during the delivery of a baby.

It is unavoidable for any country to
lose babies when serious labor difficulties
arise, and the nearest consultant to whom
the doctor can turn is a couple of hun-
dred miles away. But there are the stub-
born ones who insist on going it alone,
even if help is available. This would not
be allowed to happen in most of the coun-
tries mentioned above where in any hospi-
tal a staff obstetrician may arbitrarily
move in on such a situation without wait-
ing to be asked. In Canada such things
are not done.

But the problem of infant mortality
always comes back to prenatal care. Dr.
Jean Webb again: "The importance a
woman puts on being pregnant is a big
factor in our infant mortality rate. Pre-
natal care has been a major part of all
public health services in Europe for many
years. We need more education for
women."

Proper prenatal care results in fewer
premature births; it also results in
healthier babies generally. We want
strong, healthy babies, able to resist all
the infections which beset the full-term
and premature baby alike.

Some who talked with me about infant
mortality made mention of socialized

NATIONAL HEALTH WEEK

February 3 to 9

This month Canada observes Na-
tional Health Week. Sponsored by
the Health League of Canada, its
purpose is to promote good health
by public enlightenment. Here are
just some of the fields where pub-
lic awareness and action can im-
prove our national health record.

Infant mortality Alcoholism
Pasteurization Care of the aged
Fluoridation Nutrition
Preventive medicine

medicine, either early or late in the dis-
cussion. They pointed out that all the
countries with a better showing than Can-
ada—with the exception of the United
States—have a complete or nearly com-
plete system of state medicine. Denmark
provides every pregnant woman in the
land with free, complete prenatal care.
In Britain all medical services are social-
ized. The economic factor in prenatal
treatment and delivery is removed for
families in most of northwestern Europe
and New Zealand and Australia.

State medicine is a political matter.
It may or may not be a part of our na-
tional future. Meanwhile, our public
clinics and visiting nurses, and our private
health services are offering all that is
needed for good prenatal care. If the false
pride which keeps many women from the
public clinics, and the indifference or
laziness which prevents thousands more
from making full use of their doctors'
help, could be overcome—and if we had
complete facilities, universally available,
for the prematures—we could scan the
international infant mortality score sheet
and hold our heads up. ♦

*The Nurse
told Mother*



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**Z.B.T. KEEPS A
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...prevents diaper chafing



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More and more Canadian manufacturers
offering "Sanitized" products to keep
you lastingly fresh as a daisy

You can't see it, feel it, or smell it. Still it's there. You can be sure because the tag or label will say so.

What is it?—Sanitized. Perhaps you've seen the name already and wondered about it. From now on it will become increasingly familiar as more and more "Sanitized" products come on the market. Shoes, foundation garments, diapers, underwear, hosiery, plush toys, fur coats, swimsuits—each week the list grows.

What is Sanitized? What does it do?

Let a scientist explain and he'll quickly confuse you with tongue-twisters like "bacteriostats" and "micro-organisms." In plain household terms, Sanitized is a chemical process which when applied to wearing apparel and household furnishings means lasting antiseptic cleanliness, protection against perspiration and other odours. Think of it! When the things you wear next to you are Sanitized, they'll be just as fresh when you take them off as when you put them on. No longer need you wear a clothes peg over your nose when you sort Junior's socks for the laundry.

Here's how Sanitized works. Instead of merely masking odours, Sanitized acts to prevent their formation in the first place.

Perspiration odour, for example, is caused by certain bacteria which break perspiration down into amino acids. These permeate clothing with their characteristic odour and eventually rot the fabric. You've seen this happen

under the arms in dresses and suit coat linings. Fabrics which have been impregnated with Sanitized repel germ life. No germs—no odours!

Sanitized is a boon to the housewife whose Hubby's favorite loafers or son's sneakers lend a certain fragrance to the clothes cupboard. Not only foot odours, but cracked, rotted innersoles and linings are the work of bacteria. Sanitized discourages this destructive action. The danger of reinfection by Athlete's Foot fungi is also reduced.

Just how long protection from Sanitized lasts depends on the material. In shoes—for their normal life, Sanitized nylons have tested well even after 50 washings (Can you make a pair last that long!). In heavy blankets the full effect of Sanitized may last only 8-10 washings. But how often in a year are blankets laundered? New developments will lengthen

the effective life of Sanitized in all fabrics. As it is, it's safe to say that Sanitized lasts through repeated laundering or dry cleaning whatever the material.

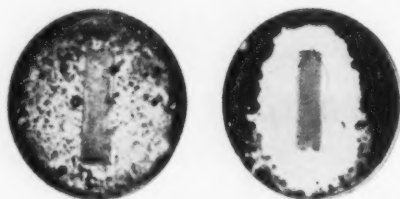
In the less than three years Sanitized has been available in Canada, nearly 100 companies in a wide variety of fields have been licensed to use the process. Here are some of the products not previously mentioned now being treated: men's and children's socks, mattress and pillow ticking, sheets and pillow cases, lingerie, outerwear, quilted garments, linings, crib pads, vinyl products (baby panties, bibs, crib and hospital mattress covers), rugs, laces and ribbon, tapes, corduroys, denims, luggage, automobile upholstery, hat sweat bands, work and sport shirts, even moving vans.

Sanitized was the discovery of a Danish scientist doing research work on gas warfare during World War I. After the war and many years of development, the process was perfected. It was released for commercial use in 1933. Today you'll find Sanitized in the U.S., Mexico, South America, Great Britain, Europe and now Canada. Sanitized's ability to retard the development of mold and mildew has great appeal in tropical countries.

Sanitized is odourless, non-toxic, non-irritating (used in millions of diapers). Quality control is strictly enforced and samples from licensed manufacturers and picked at random in retail stores are laboratory tested for your

protection.

In Canada and the U.S. alone in the coming year, over 100 million dollars worth of materials will be chemically treated to make them antiseptic. For a list of Canadian manufacturers who have added the protection of Sanitized to their products, write: Sanitized Process (Canada) Ltd., 44 Eglinton Ave. West, Toronto, Ont.



Two identical pieces of shoe lining fabric. The sample at right has been treated with Sanitized. Both samples were placed in dishes containing bacteria culture. The untreated fabric at left shows complete coverage by bacteria. The Sanitized sample has repelled germ life.



Sanitized*
for
LASTING FRESHNESS



COLOR Saves Those Castoffs

Paint yourself a new hat . . . Any woman worth her salt knows that it is her special prerogative to change her mind—as fast and as frequently as she thinks fit. Particularly where hats are concerned. All of which has driven many a long-suffering husband to despair both for his sanity and his bank balance. But there is a solution at hand. Now, when the sight of last spring's old straw hats fills you with distaste, a new and frivolous little number is not the only possible answer. Now, with a modicum of skill and artistic ability, you paint your old straw hat. First, bare the hat of its trimmings, if any. Then take a pot of perfectly ordinary enamel paint in a strong, clear color—shocking pink, peacock blue, violet—plus a perfectly ordinary paintbrush with short, stiff bristles, and proceed. The paint glides on smoothly and evenly; dries with a wonderfully crisp sheen which makes the hat look completely rejuvenated. Leave it to dry for a safe twenty-four hours, and then replace or renew the trimming. What better way to while away the long winter evenings?

How to get rose-tinted glasses . . . Think of the frames in a new light—as part of your beauty build-up, as important as the lipstick you wear, the color of your dress or your jewelry. Choose their color as carefully as you would the color of your dress or lipstick—and change it almost as often and easily. How? Quite simply, by dyeing them. This does, of course, only apply to the ordinary plastic frames. Brew up a bath of fabric dye (fifteen cents from your nearest drugstore or supermarket) following the instructions on the packet. Cool to well below boiling point, and place the spectacles in — frames, lenses and all. Allow about fifteen minutes for the color to be absorbed—less for a light tone, longer for a dark. Lift them out, let them cool, then rinse under the cool tap and leave to dry for a few minutes. The frames will have assumed a glowing new color while the lenses, being glass, will have remained obligingly untouched.

Bonus stockings . . . While we're dabbling in dyes and shifting color schemes, stockings too can be included. Nearly every woman hoards a growing pile of odd, unmatched nylon stockings which, unless she always buys stockings in exactly the same shade, are likely never to leave the bureau drawer. The simplest and cheapest way out is to dye them—a warm, woody tone if you are fairly conservative; sapphire blue, olive green, pale carnation red or gunmetal to echo a dress or an outfit, for fun and for glamour. They are, after all, bonus stockings. First, remove most of the original color with a dye remover (see above). Then re-dye the stockings with a straightforward all-fabric dye, following the instructions on the packet.

Help yourself to this roomful of ideas for LIGHTER LIVING WITH LINOLEUM

Its palette of light-hearted colours, its feeling of spaciousness make this contemporary interior one guaranteed to give a lift to your spirits every time you walk into it.

Note how the broad sweep of linoleum is keyed to the mood of walls, furnishing and drapes . . . how by making living and dining areas a unified whole it makes both areas look bigger than they actually are.

Yet both room and floor were planned with the realities of your daily housekeeping very much in mind. You'll find no dust-traps, no awkward corners. You can mop the whole floor in a matter of minutes, to preserve the soft lustre bestowed on linoleum by an occasional wax "beauty treatment". Spilled food or drinks are no longer domestic tragedies: a quick wipe-up leaves no tell-tale trace behind.

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Handicraft Pattern H 781. For a list of the furnishings used in this room write us at the address below.

Note, too, that Dominion Linoleum offers you the largest decorating choice of any permanent flooring. With more than 70 different colours and patterns, you can mix or match them as you please to personalize every room in your house.

For free illustrated guides on installation, design and maintenance of Dominion Linoleum, today's decorative flooring, write: Home Planning Department, Dominion Oilcloth & Linoleum Company Limited, 2200 St. Catherine Street E., Montreal.



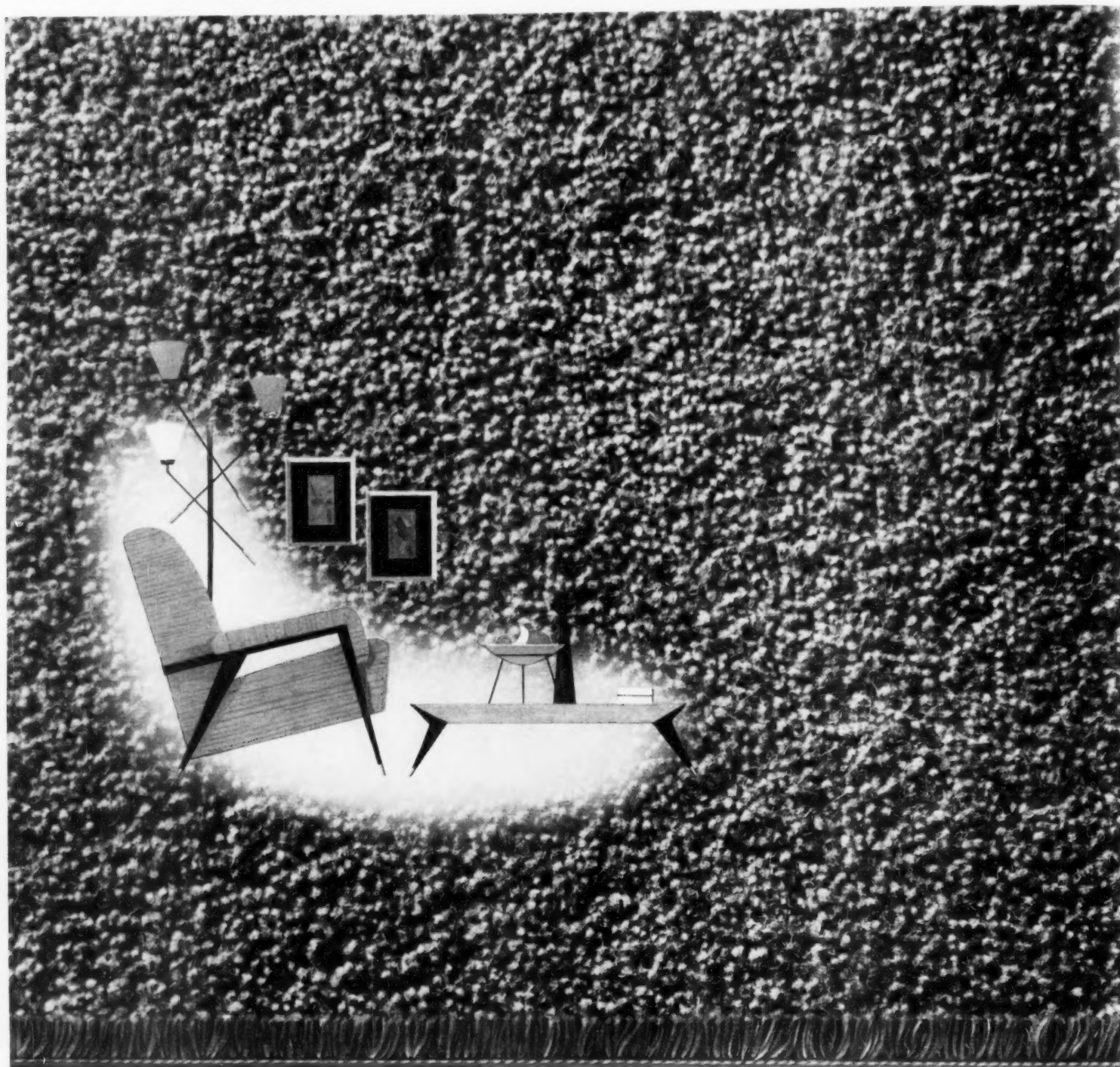
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Years of extra wear are woven into these carpets with their sturdy wool yarns and their resilient twist pile. They're easy to care for . . . add luxurious beauty, quiet and comfort to your home. Above all, they'll give you a feeling of pride and confidence in owning carpeting of such classic quality.

What's more, these famous broadlooms can be yours on *easy budget terms*. So why not inquire about them from your Barrymore retailer? Choose from ten lovely colors: Pearl Grey, Pastel Rose, New Gold, Windsor Beige, Mountain Green, Cinnamon, Seafoam Green, Regal Red, Sand Beige, Turquoise.

Picture your home transformed by the glorious color, warmth and richness of carpeting like this! Both the Baratuft and Freiztex are Twist Broadlooms — the type most favored in today's fine homes. (Cinnamon color shown here.)

*the label of a
quality carpet*



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